

TESCO

FREE | JUNE 2023

+ FATHER'S DAY FUN

BEST-EVER
BURGER COMBOS
FOR YOUR HERO

Pink
lemonade
loaf cake
p55

Bright ideas for Pride

PICNIC 'N' MIX

Head out for summer get-togethers, plus treats for everyone



4 700050 286146 6



The fruit of life

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**THE PERFECT
ADDITION TO YOUR
SUMMER RECIPES**

Discover 50+
delicious recipes



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for an audio version of selected features



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SU SCOTT

Food writer,
p36

What an exciting month June looks set to be! And we've got all the shareable dishes and treats you need to kick-start summer gatherings. Try our towering burger ideas, p46, for Father's Day, or give Korean barbecue flavours a go with our authentic, easy recipes from food writer Su Scott, p36 - once you've tried the gochujang pork shoulder, there's no going back! June is also Pride month, so show your support with a picnic to bring everyone together, p63. We asked some brilliant foodies from the LGBTQ+ community for their favourite outdoor dishes and we're delighted to share recipes, including sticky iced buns by Jacob Taylor and Saskia Sidey's moreish cheesy focaccia. Get picnicking, people!

Lauren



I'M LOVING...

...this colourful twist
on my favourite guilty
pleasure. **Tesco Finest
Neapolitan Profiteroles**
220g, £4.50 (£2.05/100g).

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A “SWEET” DEAL

Our brand new oat drink contains no sugars, granting us the legal freedom to call it No Sugars Oat Drink which we obviously did. But since we strive to be transparent in everything we do, we put quotation marks around the “No” because we’d like to call your attention to how oats actually work. When they enter your body, the carbohydrates are broken down into sugars. Easy now, this is completely normal and happens to all food containing starch, like potatoes and pasta, for example. Added sugar, however, is a different story.



That’s something you should eat less of unless you’re watching a tearjerker on your sofa after breaking up with that special someone and are in need of urgent comfort. But wait, does this mean our “ordinary” unflavored oat drinks have added sugar? Not at all. In those, some of the carbs are already broken down into sugars at the factory. With this product, you have to do some of the work yourself, but in return, you get a less sweet taste, which we think you might enjoy if a less sweet taste is your “thing.”

MORE JUNE OFFERS

This issue's brands include:



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FOR COUPONS

TRY SOMETHING
OAT OF THE
ORDINARY



Serving suggestion

Have you had yours?

<#Y#>

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COVER RECIPE

Pink lemonade loaf cake, p55

RECIPE Angela Romeo

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SUMMER SCONES

WHY NOT TRY... CLASSICS WITH A TWIST

Breathe new life into old favourites with these exciting ideas

BURGER BUN BREAD & BUTTER PUDDING



SWEET CHILLI COLESLAW



LITTLE GEM PESTO PASTA



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Please always check labels carefully to ensure ingredients meet your dietary requirements, especially if you have an allergy. Our symbols are based on the ingredients listed on the packaging only. Please always check for allergen information such as 'may contain' messages. Ingredients are subject to change after going to press.

- V Vegetarian (free from meat and fish)
- V Vegan (free from animal-derived products)
- DF Dairy free (free from milk-derived products)
- GF Gluten free
- * Can be frozen for up to 3 months. Wrap appropriately. Defrost and heat thoroughly before eating. Never refreeze food that has already been frozen.

Ingredients used are from Tesco's core range, unless otherwise stated. We use medium free-range eggs, semi-skimmed milk, unsalted butter and unwaxed fruit. Ingredients marked 'optional' are not included in the cost per serve, reference intakes or dietary symbols. Tesco magazine is not responsible for any recipes included on advertisements.

Reference intakes are printed below recipes. For more information, visit realfood.tesco.com/curatedlist/what-is-healthy.html. Our recipes should be eaten as part of a balanced diet and healthy lifestyle. All nutritional information is checked by a qualified nutritionist. We regret that we are unable to respond to individual nutritional queries.

Prices and availability are subject to change. Due to ongoing uncertainty, prices and availability may be more susceptible to change than usual. Cost per serve is based on the online cost of ingredients (excluding anything unused) at the time of going to press and is subject to change.

Alcohol For more information about responsible drinking, visit be.drinkaware.co.uk



We all want to feel better about our lifestyles, the food we buy, meals we make and packaging we use. So Tesco has created Better Baskets, with value at its heart, as an easy way to fill your basket with better choices every time you shop. Look out for the logo to help you make better choices with Tesco.

What's in store

Shake up your outdoor meals with these new buys, plus great ideas for Father's Day celebrations and everyday eating



JAMIE ROBINSON
Tesco executive
chef, product
development

'We've got all you need to enjoy eating outdoors, whether you're celebrating Father's Day or just making the most of good weather. If your dad is king of the grill, our flavour-packed steaks are ideal for sizzling (right). Prefer a pizza? The new range of sourdough gourmet pizzas (p13) have that wood-fired flavour without the fuss. Cheers, Dad!'



Ready in 4 mins

Out late? Just add boiling water to **Wicked Kitchen Late Night Noodles 90g, £1.40** (£1.56/100g), for a speedy, spicy meal.



HIGH STEAKS

New flavours to level up your barbecue taste game



CHEERS TO DAD

Pour a tot of **Tesco Finest 12-Year-Old Speyside Single Malt Whisky 70cl**, **£23** (£32.86/ltr)*, to toast his day.



Vanilla nice

Got a coffee machine? Try **Tesco Finest 10 Vanilla Flavour Capsules**, **£2.90** (29p each), for a velvety smooth coffee with a sweet taste. The aluminium capsules are Nespresso compatible. See p75 for more ideas.



1. **Tesco Finest Smoky Miso Style Rump Steaks 465g**, **£8** (£1.72/100g)



2. **Fire Pit 2 Minted Lamb Leg Steaks 250g**, **£4.50** (£1.80/100g)



3. **Fire Pit Salt & Pepper Beef Sizzler Steaks 200g**, **£3.50** (£1.75/100g)



Tesco Finest Pork New York Style Hot Dogs 400g, **£3.25** (81p/100g)



Fire Pit 10 Jumbo Pork Sausages 800g ❄️, **Normal price: £3.50** (44p/100g), **Clubcard Deal****: 2 for £6



Fire Pit Chorizo Sausages 300g, **£3.50** (£1.17/100g)



*Subject to availability. **Offer applies from 30 May 2023 to 10 September 2023. Available in the majority of stores. Clubcard/app required

Spain trip 🏖️

- sandals
- shave big toes
- razor
- get €€€
- pack teabags!!
- ~~roaming fees~~

No EU roaming fees this year.

Helping you cross
one thing off your list.



NEW FINDS

Fill Free From 4 Hot Dog Rolls, £2.25 (56p each), with your choice of gluten-free sausages for a barbecue fave.



Tesco Finest Garlic & Chilli Infused Oil 250ml, £3.90 (£1.56/100g), is fab for dipping. Also use it to add spice to fried eggs and salads.



Ideal for crusts

SIDE SHOW

Don't let the meat steal the show – these veg dishes are impressive.

Fire Pit Tikka Masala Butternut Moons
355g, £2.25 (63p/100g)

Fire Pit Tenderstem Broccoli with Soy Chilli & Ginger Glaze
210g, £2.75 (£1.31/100g)

Fire Pit Smoky BBQ Courgette Wedges
300g, £2.25 (75p/100g)

SUMMER NIGHTS

Tesco Finest gourmet pizzas will transport your tastebuds to Italy!



Tesco Finest La Rustica Fennel Sausage & Roasted Butternut Squash Pizza
467g, £5.75 (£1.23/100g)



Tesco Finest La Vegetariana Chargrilled Vegetables & Ricotta Pizza
499g, £5.75 (£1.15/100g)





How to... BUILD A KEBAB

These summer favourites are easy to create from just a few affordable staples.



Tesco Finest Traditional Halloumi
225g, £3.15
(£1.40/100g)



Sweet Peppers
500g, £1.80
(36p/100g)



Tesco Finest Piccobella Tomatoes
220g, £1.80
(82p/100g)



Aubergine,
85p each

Why not try?

Barbecue kebabs for a smoky flavour. Soak wooden skewers first to prevent burning.

LIGHTER LUNCH

Tesco Finest Tuscan-Style Nduja Quiche 130g, £2

(£1.54/100g), is perfectly portable for a light bite in the sunshine. Just add salad.



Roll with it

Spice up your picnic with these spicy new meat-free bite-sized treats. **Tesco Finest Dinky Butternut Squash, Chilli & Sage Rolls** 144g, £3.50 (£2.43/100g)



Beautifully Balanced Tuna & Egg Salad Sandwich, £2.85



Tesco Beautifully Balanced Indian Inspired Onion Bhaji Salad 255g, £2.75 (£1.08/100g)

ON YOUR WAY TO 5-A-DAY

Better Baskets is Tesco's way of helping you make better choices with the food you buy, meals you make and packaging you use. These Beautifully Balanced products are main choices in the Tesco Meal Deal, which is just £3.40 for Clubcard members*. And guess what? Each provides 1 of your 5-a-day - yes, even the sandwich! Add a piece of fruit as your snack and you've got a satisfyingly better lunch any day of the week.





New

NEW FRUITY FLAVOURS



**WATERMELON
FLAVOUR**



**STRAWBERRY LEMON
FLAVOUR**

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Available in the majority of stores

Available at **TESCO**

SEMI SKIMMED THAT TASTES LIKE WHOLE*

New



**SEMI-SKIMMED MILK
JUST GOT A WHOLE
LOT TASTIER**

*Based on statistically valid comparative test with 212 regular consumers of fresh whole & or semi-skimmed. 80% agreed B.O.B Semi 'tastes like whole milk'. †Semi-skimmed milk contains half the fat of standardised whole milk.



Only at **TESCO**

COOK ONCE, EAT TWICE

Turn a creamy cauliflower pasta sauce into a summery stew with these clever recipes

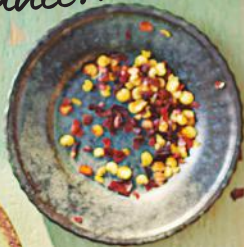


Blitz the pasta sauce... for tomorrow's veg-packed lunch

**Creamy
cauliflower
pasta** p18



**Summery
chickpea
stew** p18





Dinner tonight

CREAMY CAULIFLOWER PASTA

Serves 4

Takes 30 mins

Cost per serve 98p

2 cauliflowers (about
1.3kg), $\frac{1}{3}$ cut into small
florets, $\frac{2}{3}$ finely
chopped

3 tbsp olive oil
1 large red onion, cut into
thin wedges
30g pumpkin seeds
1 vegetable stock pot,
made up to 1ltr
2 tbsp tahini
300g rigatoni
250g baby spinach
1 tsp crushed chillies
(optional)

1 Preheat the oven to gas 7, 220°C, fan 200°C, and put a large baking tray inside to heat up. Toss the cauliflower florets with 1 tbsp oil and arrange in a single layer over half of the hot tray. Toss the onion with $\frac{1}{2}$ tbsp oil and put on the other side of the tray.
2 Bake for 20 mins, then add the pumpkin seeds around the onion and return to the oven for another 5 mins or until the cauliflower is tender and caramelised. Turn off the oven but leave the tray inside to keep warm.

3 Meanwhile, heat the remaining $1\frac{1}{2}$ tbsp oil in a large, lidded saucepan over a medium heat. Cook the finely chopped cauliflower for 5 mins, stirring frequently – don't let it go brown. Add the stock, cover and bring to the boil. Reduce the heat to a simmer and cook for 12 mins. Put in a blender (or use a stick blender, it will just be less smooth) and blitz until creamy and glossy. Blend in the tahini and season well. Set aside half this sauce (800g) for the stew, right; return the rest to the pan.

4 Cook the pasta to pack instructions, adding the spinach for the last 2 mins to wilt. Drain and stir into the cauliflower sauce in the pan.

5 Divide the pasta between plates and top with the roasted cauliflower, onion and toasted pumpkin seeds, and a pinch of crushed chillies, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2147kJ 510kcal	15g	2g	12g	0.6g
26%	22%	12%	13%	10%

of the reference intake. See page 9.
Carbohydrate 68g Protein 21g Fibre 9g
2 of your 5-a-day; low in fat

Lunch tomorrow

SUMMERY CHICKPEA STEW

Serves 4

freeze stew and pesto
sauce separately

Takes 30 mins

Cost per serve £1.68

3 tbsp olive oil
2 onions, halved and
finely sliced
3 garlic cloves, crushed
3 tbsp tomato purée
800g cauliflower sauce
(see recipe, left)
2 x 400g tins chickpeas,
drained and rinsed
2 courgettes, halved and
thickly sliced
200g frozen baby broad
beans
150g cherry tomatoes,
halved
2 spring onions, finely
sliced (optional)
4 pittas, toasted and
sliced (optional)

For the watercress pesto

50g walnuts
85g bag watercress
1 lemon, zested and
juiced

1 Heat 1 tbsp oil in a large saucepan over a low-medium heat and cook the onions for 10 mins, stirring occasionally, until softened. Add the garlic and cook for 3 mins more, adding a splash of water if anything starts to catch. Stir through the tomato purée and cook for 2 mins.
2 Stir in the cauliflower sauce, chickpeas and 350ml water. Bring to a simmer, then reduce the heat to low and cook for 15 mins, stirring occasionally. Season to taste.

3 Meanwhile, pulse the walnuts in a food processor to finely chop. Add most of the watercress and the lemon juice; blend to finely chop. Drizzle in 1 tbsp oil and 1 tbsp water; blend to a smooth pesto. Season to taste.

4 Heat the remaining 1 tbsp oil in a large frying pan over a low-medium heat. Fry the courgettes in a single layer for 2 mins or until lightly browned, then flip and cook for another 1 min. Push the courgettes to the sides, add the broad beans to the centre and cook for 3–4 mins until lightly browned and fully cooked through. Push the beans to the side as well and add the tomatoes, cut-side down; cook for 2 mins.
5 Spoon the stew into bowls, top with the vegetables and dot over the watercress pesto. Scatter with the reserved watercress leaves, spring onions (if using) and the lemon zest. Serve with sliced toasted pittas, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2146kJ 515kcal	29g	4g	14g	1g
26%	41%	20%	16%	17%

of the reference intake. See page 9.
Carbohydrate 36g Protein 20g Fibre 17g

B energised

THIS SUMMER WITH

mushrooms!



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OF NUTRIENTS
INCLUDING

B
Vitamins!

From BBQs to super salads and summer favourites, you can rely on mushrooms to spice up your tastebuds this summer! As well as being super versatile and tasty, they're also packed full of nutrients, including B vitamins.

FOR SUMMER RECIPE INSPIRATION VISIT:

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www.winwithshloer.co.uk

5 FOR £25

Five reader-approved recipes to see your family through the week



Tried it, liked it



Our tester this month is Claudia, who lives with her husband, their 12-year-old daughter and her 80-year-old mum. 'We were excited to try new recipes, and will definitely be making most of these again,' said Claudia.

GET INVOLVED

Want to test one of our family dinner meal plans for four?
Email tesco.mag@cedarcom.co.uk for your chance.

We generally eat a wide range of fruit and veg, but using a choice few helped to reduce waste

FILIPPO BERIO
PESTO.
TO TRY IT,
IS TO LOVE
IT.

Put Filippo Berio Pesto
on your shopping list today.




Filippo Berio



Available in the majority of stores

Available at **TESCO**

CHEAT'S SUMMER VEG PAELLA

Serves 4   
Takes 35 mins

2 tbsp olive oil
1 red onion, chopped
250g frozen sliced peppers
1 courgette, sliced
2 garlic cloves, crushed
2 tsp dried oregano
1 tbsp smoked paprika
300g long-grain rice, washed
400g tin chopped tomatoes
1 vegetable stock pot, made up to 800ml
100g baby spinach
1 lemon, cut into wedges

1 Heat the oil in a large, wide frying pan over a medium-high heat and fry the onion and peppers for 8 mins or until soft. Add the courgette, fry for 5 mins, then stir in the garlic, oregano, and paprika; fry for another 2 mins. Stir in the rice, coating the grains in the spices.

2 Add the chopped tomatoes and stock, mix briefly, then bring to a simmer. Once simmering, turn down the heat to medium-low, add a lid or a flat baking sheet to cover the pan and cook for 15 mins undisturbed. Remove the lid; the liquid should all be absorbed, and the rice tender. Simmer uncovered for 5 mins if any liquid remains; or if the rice isn't cooked, add 150ml more water, return the lid and cook for 5 mins more.

3 Remove from the heat, scatter in the spinach, return the lid and leave for 2-3 mins to wilt. Stir to incorporate, then serve with the lemon wedges for squeezing over.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1720kJ 408kcal	9g	1g	10g	1.0g
20%	13%	7%	11%	17%

of the reference intake. See page 9.
Carbohydrate 70g Protein 9g Fibre 5g
2 of your 5-a-day; low fat; low saturated fat; low salt; source of vitamin C

I was a bit dubious about frozen peppers but they made prep easy, and the dish turned out great



GREEK CHICKEN WITH SALAD PITTA

Serves 4

Takes 50 mins

- 4 chicken legs
- 2 lemons, halved
- 2 tsp dried oregano
- 1 tbsp olive oil
- 100g baby spinach leaves, washed
- 1 red onion, finely sliced
- 100g Greek-style salad cheese, crumbled
- 100g cherry tomatoes, halved
- 6 pittas, toasted and halved
- 150g tzatziki

1 Preheat the oven to gas 7, 220°C, fan 200°C. Put the chicken legs in a roasting tin and squeeze over the lemon juice. Cut the squeezed lemons into wedges, then add to the tin with the oregano, the oil and some seasoning. Toss everything together, then roast for 40–45 mins until the chicken is cooked through and the skin is crisp and golden.

2 Toss the spinach, onion, salad cheese and tomatoes in a bowl. Spoon 2 tbsp of the lemony juices from the chicken tin into the salad bowl and toss through. Stuff the toasted pittas with the salad; serve with the chicken and a spoonful of tzatziki.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2413kJ 575kcal	20g	7g	6g	1.7g
29%	29%	35%	7%	29%

of the reference intake. See page 9.
Carbohydrate 41g Protein 52g Fibre 10g



3

STICKY SOY- GLAZED FISH

Serves 4 ^{DF}

Takes 20 mins

- 300g long-grain rice, washed
- 4 tbsp reduced-salt soy sauce
- 15g fresh ginger, grated
- 2 tsp caster or granulated sugar

- ½ Savoy cabbage, cored and finely shredded
- ½ small red onion, finely sliced
- 1 carrot, peeled and finely shredded or grated
- 1 lime, juiced
- 2 tsp olive oil, plus 1 tsp for brushing
- 520g pack frozen fish fillets

1 Cook the rice to pack instructions. Meanwhile, put the soy sauce, ginger and sugar in a small pan and simmer over a medium-low heat for 5 mins until it resembles a thin syrup and is reduced by half.

2 Put the cabbage, onion and carrot in a bowl, add the lime juice, drizzle in 2 tsp olive oil and add a pinch of salt; toss well and set aside.

3 Heat the grill to high. Brush a shallow baking tray or grill tray with a little oil, add the fish and grill for 6–8 mins until defrosted but not cooked through. Drain any water from the tray and remove tails from the fish. Brush over the soy glaze. Grill for 3–4 mins until the fish is cooked, flaking when pressed gently, and the glaze is sticky.

4 Fluff up the rice with a fork and serve with the lime slaw and the fish, spooning any glaze over the rice.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1786kJ 423kcal	6g	1g	9g	1.5g
21%	8%	5%	10%	25%


of the reference intake. See page 9.
Carbohydrate 68g Protein 22g Fibre 5g
1 of your 5-a-day; high in protein



2

*This was our absolute favourite.
It's ideal for alfresco dining*

4 COURGETTE, LEMON & SAUSAGE PASTA

Serves 4 

Takes 25 mins

2 tbsp olive oil
8 sausages, skins removed
1 red onion, finely chopped
2 courgettes, halved and sliced diagonally
2 garlic cloves, crushed
1 tsp smoked paprika
½ lemon, zested and juiced
300g spaghetti

1 Heat the oil in a deep frying pan over a medium-high heat and pinch the sausage meat into small nuggets into the pan. Fry for 5–7 mins, stirring frequently, until golden brown and crisp. Add the onion and courgettes; cook for 6–8 mins until tender and golden, scraping any browned bits of sausage from the bottom of the pan. Stir in the garlic and smoked paprika; cook for 1 min. Stir in the lemon juice.

2 Meanwhile, cook the spaghetti to pack instructions. Drain, reserving 100ml cooking water. Add the pasta to the sausage and courgette pan and remove from the heat; toss well. Add a little pasta water to make a sauce that coats the spaghetti, then scatter with lemon zest to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2338kJ 557kcal	20g	6g	7g	1.1g
28%	29%	28%	8%	19%

of the reference intake. See page 9.
Carbohydrate 68g Protein 23g Fibre 4g
1 of your 5-a-day; source of protein

Next time, I'd make this with less pasta and more vegetables



The salsa was a great touch that brought the dish together

5 MUSHROOM FAJITAS

Serves 4 **V**

Takes 25 mins

- 2 tbsp olive oil
- 400g closed-cup mushrooms, sliced
- 2 red onions, 1 finely sliced, 1 finely chopped
- 250g frozen sliced peppers
- 2 garlic cloves, crushed
- 30g sachet fajita seasoning
- 325g tin sweetcorn, drained
- 150g cherry tomatoes, quartered
- ½ lemon, juiced
- 8 wholemeal tortillas
- 100g Greek-style salad cheese, crumbled
- 50g baby spinach leaves, washed

1 Heat 1 tbsp olive oil in a large frying pan over a high heat; fry the mushrooms and sliced onions for 8–10 mins until lightly golden. Add the frozen peppers, fry for 5 mins until softened and the water has evaporated, then add the garlic and cook for 1 min. Reduce the heat to medium, stir in the spice mix and cook for 1–2 mins until the veg is well coated. Add 2 tbsp water if the spices stick to the pan or the mixture looks slightly dry.

2 Meanwhile, heat 1 tbsp oil in a separate frying pan over a medium-high heat. Tip in the sweetcorn and fry for 8–10 mins, stirring occasionally, until golden and lightly charred in places. Transfer to a bowl and stir in the cherry tomatoes, finely chopped onion and lemon juice. Allow to cool for a few mins.

3 Warm the tortillas in a dry frying pan over a high heat for 5 secs each side, or microwave as a stack for 30–60 secs until warm. Just before serving, stir the crumbled salad cheese into the corn salsa. Serve everything in the middle of the table and let people help themselves to the fajita mushroom mix, salsa and spinach.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2566kJ 611kcal	19g	6g	14g	3.3g
31%	27%	32%	16%	55%

of the reference intake. See page 9.
Carbohydrate 82g Protein 21g Fibre 18g

SHOPPING LIST

- 4-pack Suntrail Farms lemons
- 1 lime
- 1 garlic bulb
- 15g fresh ginger
- 250g pack baby spinach
- 250g pack Nightingale Farms cherry tomatoes
- 3-pack courgettes
- 1kg pack Redmere Farms red onions
- 1 loose carrot
- 400g pack closed-cup mushrooms
- 1 Savoy cabbage
- 200g tub tzatziki
- 200g pack Creamfields Greek-style salad cheese
- 1kg pack chicken legs
- 8-pack Woodside Farms pork sausages
- 500g pack Hearty Food Co. spaghetti
- 1kg pack Grower's Harvest long-grain rice
- 14g jar dried oregano
- 48g jar smoked paprika
- 30g sachet fajita seasoning
- 150ml bottle reduced-salt soy sauce
- 325g tin Grower's Harvest sweetcorn
- 400g tin Grower's Harvest chopped tomatoes
- 6-pack wholemeal pittas
- 8-pack H.W. Nevill's wholemeal tortilla wraps
- 500g pack frozen sliced peppers
- 520g pack Bay Fishmongers white fish fillets

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feel the nature



Simple ingredients,
delicious recipes

STRAWBERRIES AND LITTLE GEMS

No picnic is complete without strawberries. At the height of their British season now, they're best warmed a little by the sun; try not to eat them straight from the fridge. Give them a twist of black pepper, a drizzle of balsamic and a few torn basil leaves (trust us) for a salad you'll look forward to on balmy nights (see p31). Or dip in cream-liqueur-spiked white chocolate for a simple dessert. And those crisp Little Gems – fill a leaf 'cup' with sticky prawns for an instant barbecue-friendly side. Or try serving them grilled with a squeeze of lemon, a drizzle of oil and a scattering of feta: so fresh on hot June days.

FIELD TO FORK

Celebrate summer with these fresh and vibrant recipes made with seasonal heroes

**Taste the care**

Look for this quality seal on the most cared-for products at Tesco. All the hero ingredients in this feature carry the Quality Seal mark, along with hundreds more expertly selected products in store and online.

MEET THE GROWER



Charles Kidson is managing director of Lower Reule Farm and a member of Berry Gardens Growers.

'Strawberries are a British icon, the embodiment and taste of the British summer,' says Charles. 'They're delicious, the perfect healthy snack.' Driscoll's Zara, the main strawberry variety grown by Charles, are heart-shaped, ruby red, rich in natural flavour and renowned for their sweetness. 'They're handpicked at perfect ripeness to ensure they taste their very best by the time they reach a Tesco store,' says Charles.

We are extremely picky and take immense pride in the varieties we choose to grow – for us, Zara strawberries really are one of the best



STRAWBERRY & GINGER CHEESECAKE BARS

Makes 16

Takes 35 mins plus cooling and overnight chilling

Cost per serve 73p

2 x 227g packs strawberries, trimmed, ½ thinly sliced
100g caster sugar, plus 1 tbsp
1 lemon, zested, ½ juiced
1 tbsp cornflour
150g baking spread, melted, plus extra for greasing
300g pack ginger nuts
300ml double cream
3 x 200g packs full-fat soft cheese, at room temperature
2 tbsp icing sugar
2 stem ginger balls, finely grated

1 Blitz the whole strawberries, 1 tbsp caster sugar, the lemon juice and cornflour in a blender until smooth. Pour into a saucepan and bring to a simmer. Once bubbling, reduce the heat to low and cook for 5 mins or until well thickened, scraping the bottom frequently with a rubber spatula. Pour into a lidded container and leave to cool completely.

2 Meanwhile, grease and fully line a 20cm square tin with baking paper. Blitz the biscuits to fine crumbs (or crush in a plastic bag with a rolling pin), then mix with the melted spread. Tip into the lined tin and smooth into an even layer, pressing down to compact. Transfer to the freezer for 10–20 mins while you make the filling.

3 Whisk the cream to stiff peaks. In a separate bowl, beat the soft cheese, 100g caster sugar and icing sugar with an electric whisk for about 5 mins until very

creamy and the sugar is fully dissolved. Stir through the grated ginger, then gently fold in the whipped cream in 2 batches.

4 Gently swirl in the cooled strawberry sauce, being careful not to overmix to keep a marbled effect. Pour over the biscuit base and chill for at least 8 hrs, or overnight.

5 To serve, carefully remove the cheesecake from the tin and slice into 12 bars while cold. Decorate with the sliced strawberries and lemon zest. Leave at room temperature for 20 mins before eating. Will keep in the fridge for 2–3 days*.

Each bar contains

Energy	Fat	Saturates	Sugars	Salt
1613kJ 389kcal	29g	16g	17g	0.5g
19%	42%	79%	18%	8%

of the reference intake. See page 9.
Carbohydrate 27g Protein 3g Fibre 2g

SALAD WITH STRAWBERRY & BALSAMIC VINAIGRETTE

Serves 2 (makes 300ml vinaigrette) **V** **DF**

Takes 10 mins

Cost per serve £2.56

CLEVER SWAP Swap the leaves for watercress or spinach. You could also add shredded cooked chicken or feta to the salad. To make the dressing vegan, swap honey for maple syrup.

½ small red onion, thinly sliced
227g pack strawberries, trimmed
4 tbsp extra-virgin olive oil
2 tbsp balsamic vinegar
1 tsp clear honey
1 tsp wholegrain mustard
10g fresh basil, stalks finely chopped, leaves torn
100g wild rocket
20g walnuts, toasted and roughly chopped

1 Put the onion in a shallow bowl and cover with cold water; set aside. (This will take away some of the bitterness.)

2 Reserve 4 larger strawberries, then put the rest in a food processor with the oil, balsamic, honey, mustard and basil stalks; season. Blitz until almost smooth but still with a little texture; pour into a jar. The dressing will keep in the fridge for up to a week.

3 Drain the onion and toss with the rocket and basil leaves. Thinly slice the remaining strawberries and add to the salad before tossing well with 3 tbsp of the dressing. Scatter with the toasted walnuts to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
616kJ 149kcal	12g	1g	5g	0.1g
7%	17%	7%	5%	1%

of the reference intake. See page 9.
Carbohydrate 5g Protein 4g Fibre 3g
Low in saturated fat; 1 of your 5-a-day

Use your favourite leaves



LITTLE GEM, PEA & HAM SOUP

Serves 4 *

Takes 35 mins

Cost per serve 84p

100g pancetta cubes
1 large onion, finely chopped
2 garlic cloves, crushed
2-pack Little Gem lettuces, trimmed and roughly chopped
350g frozen peas
1 vegetable stock cube, made up to 1ltr
4 tbsp reduced-fat crème fraîche

1 Put the pancetta in a large saucepan over a medium heat and fry for 5-6 mins until crispy and the fat has released. Remove with a slotted spoon and set aside on kitchen paper.

2 Add the onion and cook for 6-8 mins until beginning to soften. Stir in the garlic and cook for 1 min; season with black pepper. Shred ¼ of 1 lettuce, set aside, then add the rest to the pan along with the peas and stock. Bring to the boil, then simmer gently for 15 mins.

3 Remove from the heat and blitz with a hand blender until smooth. Stir in most of the pancetta, then spoon into bowls. Swirl in the crème fraîche and scatter with the reserved pancetta and shredded lettuce.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
853kJ 204kcal	9g	4g	10g	1.7g
10%	13%	19%	11%	29%

of the reference intake. See page 9.
Carbohydrate 16g Protein 11g Fibre 7g
2 of your 5-a-day; low in fat

MEET THE GROWER



Rob Parker is the leaf salad crop manager for Cambs Farms and the director of Second Willow Nursery at G's Fresh.

Rob's Little Gems are grown on the rich, peaty soils of Cambridgeshire. 'This means the crops grow slower and produce a more consistent lettuce, with optimum shelf life and taste. We are also using key regenerative farming principles to improve our soil health and farm biodiversity. This will enable us to further improve shelf life and taste while also looking after the environment. The twin pack lets you use one lettuce at a time, keeping the second in the fridge so it's in great condition, ready for another meal.'

Little Gems can help you cut down on food waste – simply snap off the leaves you need

Light soup for hot days



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Handy freezable pesto sauce

LITTLE GEM PESTO PASTA

Serves 4 (makes about 200g pesto)  
freeze pesto only

Takes 20 mins

Cost per serve 84p

300g tagliatelle
200g frozen peas
2-pack Little Gem
lettuces, trimmed,
1 roughly chopped
1 large garlic clove
15g fresh parsley
15g fresh basil
30g vegetarian hard
cheese (or Parmesan),
plus extra to serve
(optional)
1 lemon, zested
and juiced
3 tbsp extra-virgin
olive oil

1 Cook the pasta to pack instructions, adding the peas for the last 3 mins. Drain, reserving a mugful of the cooking water.
2 Meanwhile, put the chopped lettuce in a food processor with the garlic, herbs, cheese and lemon juice. Pulse until combined, then add the olive oil and blitz to a thick pesto. Season to taste.
3 Roughly shred the remaining lettuce. Toss with the cooked pasta and peas, the pesto and a splash of the reserved cooking water to loosen. Serve with more black pepper, the lemon zest and extra cheese, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1829kJ 435kcal	14g	3g	5g	0.3g
22%	20%	16%	6%	5%

of the reference intake. See page 9.
Carbohydrate 58g Protein 16g Fibre 6g
Low in saturated fat; 1 of your 5-a-day





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HOT OFF THE COALS

Give your barbecue a glow-up by trying the Korean trend – sweet, spicy and full of flavour

Gochujang
pork shoulder
steaks p39



SU SCOTT
Food writer
(@suscottfood)

Originally from Seoul, Su uses food to reconnect with her childhood and Korean culture. 'Korean barbecue happens right in the middle of the table, and it's all about bringing people together,' she says. 'It's a do-it-yourself affair, served with soft salad leaves and dipping sauces to wrap everything together in a flavour-bomb parcel.' Su's book, *Rice Table*, is available now.

Salmon
bulgogi
p39





£1.24
per serve

Why
not try?

Swap burger
buns for more
traditional soft
salad leaves
to wrap up the
pork filling.

I can't imagine a Korean barbecue experience without the sight of juicy pork grilling over the smoking embers of charcoal. The smoky heat of gochujang in the marinade isn't fiery – rather, it adds a wonderful depth of rounded savouriness

GOCHUJANG PORK SHOULDER STEAKS

Serves 6 **DF**

Takes 30 mins plus at least 4 hrs marinating
Cost per serve £1.24

700g pack pork shoulder steaks

5g fresh chives, snipped

For the marinade

1 onion, roughly chopped

4 garlic cloves, roughly chopped

2cm piece ginger, roughly chopped

2 tbsp mirin

2 tbsp granulated sugar

2 tbsp gochujang

2 tbsp soy sauce

1 tbsp rapeseed oil

1 tbsp tomato ketchup

1 tsp ground black pepper

1 Purée the onion, garlic, ginger and mirin in a food processor until smooth. Transfer to a mixing bowl and stir in the rest of the ingredients for the marinade; set aside.

2 Pat the meat dry with kitchen paper. Diagonally score both sides of the steaks with a sharp knife to make 8 cuts, about 5mm deep, on each side. Transfer the meat to the marinade bowl and massage everything together to work the marinade into the meat. Cover and refrigerate for at least 4 hrs, or preferably overnight.

3 To cook the steaks, light the barbecue and wait until the flames have died down and the coals are white. Alternatively, heat a griddle pan over a medium heat until hot. Cook the steaks for 12–15 mins until caramelised and cooked through, turning frequently to prevent the marinade caramelising too quickly.

4 Meanwhile, pour the leftover marinade in the bowl into a saucepan. Bring to the boil, then simmer very gently over a low heat for 15 mins to thicken slightly.

5 When the steaks are done, transfer to a board and rest for 2 mins. Slice into 1.5cm strips against the grain and transfer to a platter. Lightly brush the top with the sauce, then scatter with the chives. Serve with the extra sauce on the side.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1175kJ 281kcal	15g	5g	10g	1.3g
14%	21%	23%	11%	22%

of the reference intake. See page 9.
Carbohydrate 14g Protein 23g Fibre 1g
High in protein; high in vitamin B12;
source of vitamin B6; source of zinc

SALMON BULGOGI

Serves 6 **DF**

Takes 20 mins plus overnight marinating
Cost per serve £1.21

CLEVER SWAP Swap the frozen salmon for fresh: pat dry with kitchen paper and marinate as in step 2, skin-side up. Leave the skin on to serve.

2 tbsp soy sauce

2 tbsp mirin

2 tbsp granulated sugar
1 tsp toasted sesame oil

500g pack frozen wild salmon fillets

rapeseed or sunflower oil, for brushing

½ punnet salad cress, to serve

For the onion salad

½ onion, thinly sliced

1 tbsp golden granulated sugar

¼ tsp fine salt

2 tbsp rice wine vinegar

½ lemon, zested and juiced

1 Mix the soy sauce, mirin and sugar in a saucepan and heat gently until the sugar has dissolved. Remove from the heat and stir in the sesame oil; set aside to cool completely.

2 Put the frozen salmon fillets in a lidded container or resealable food bag. Pour the cooled marinade over the salmon; cover and refrigerate overnight. The salmon will marinate as it defrosts.

3 Meanwhile, to make the onion salad, put the onion in a small heatproof bowl. Mix the sugar and salt with 1 tbsp water in a saucepan and heat gently to dissolve. Stir in the vinegar and lemon juice, then pour over the onions. Set aside to cool at room temperature (or you can refrigerate it).

4 Remove the salmon from the marinade and pat the skin dry with kitchen paper. Brush with a little oil. Light the barbecue and wait until the flames have died down and the coals are white.

Alternatively, heat a griddle pan over a medium heat until hot. Arrange the salmon, skin-side down, on the grill. Cover loosely with foil or a large frying pan and cook for 4 mins; flip, then cook for another 1–2 mins until cooked through. Remove from the heat and leave to cool slightly (don't worry if the skin sticks a little). Gently peel off the skin and discard.

5 Scatter half the drained pickled onion salad over a platter. Carefully halve the salmon in the middle where it flakes naturally and arrange on top. Scatter with the remaining onion and top with the salad cress. Drizzle with some of the onion pickling juices and scatter with the lemon zest to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
700kJ 167kcal	5g	1g	9g	1.1g
8%	8%	4%	10%	18%

of the reference intake. See page 9.
Carbohydrate 12g Protein 17g Fibre <1g
High in vitamin D and vitamin B12





CLOSING THE LOOP

We're keeping materials in use (and out of the ocean) by incorporating closed-loop and ocean-bound recycled plastics into a wide range of our products. To create a circular and net zero carbon economy, we must gain the most value possible from the materials we use and reduce our overall demand. We use increasing amounts of recycled content plastics (including ocean-bound plastics).

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£1.21
per serve

Bulgogi is a well-known Korean dish, typically made with wafer-thin strips of beef and a savoury-sweet, fruity soy sauce marinade. The richness of salmon makes a great alternative, and the simple marinade, together with lemony pickled onions, brings the bright, fruity notes

THE BEST THING SINCE **SLICED APPLES.**



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Spicy
carrot
salad p44



78p
per serve



Salad-style
fresh tomato
kimchi p44



Vegan show-stopper

Grilled
mushrooms
with ssamjang
dressing p44



SALAD-STYLE FRESH TOMATO KIMCHI

Serves 6  

Takes 20 mins

Cost per serve 36p

500g pack tomatoes on the vine
½ tsp fine salt
¼ onion, thinly sliced
10g fresh chives, snipped
For the dressing

1 red chilli, finely chopped (deseeded, if you prefer)
2 tsp reduced-salt soy sauce
1 tsp granulated sugar
1 tsp Arbol chilli flakes, ground in a spice or coffee grinder (or with a pestle and mortar), if possible
1 tsp rice wine vinegar

1 Slice the tomatoes into thin rounds and transfer to a mixing bowl. Sprinkle with the salt and set aside for 10 mins.

2 Meanwhile, soak the onion in cold water for 10 mins to remove the bitterness. Drain and set aside.

3 Drain off most of the excess liquid from the tomatoes. Add the onion, most of the chives and all the ingredients for the dressing. Gently toss to mix, then arrange on a plate. Scatter with the remaining chives and serve, or refrigerate to serve cold, if you prefer. Will keep for 3-4 days in an airtight container in the fridge.


Each serving contains

Energy	Fat	Saturates	Sugars	Salt
100kJ 24kcal	0g	0g	4g	0.1g
1%	0%	0%	4%	2%

of the reference intake. See page 9.
Carbohydrate 4g Protein 1g Fibre 1g
1 of your 5-a-day; high in fibre

Different to fermented kimchi, Koreans like to make a fresh salad-style kimchi called geotjeori, and summer tomatoes are ideal

SPICY CARROT SALAD

Serves 6  

Takes 10 mins

Cost per serve 6p

3 carrots (about 270g), scrubbed and julienned or coarsely grated
2 tsp rice wine vinegar
1 tsp granulated sugar
½ tsp Arbol chilli flakes, ground in a spice or coffee grinder (or with a pestle and mortar), if possible
1 tsp fish sauce
1 tsp toasted sesame oil
1 tsp sesame seeds
¼ tsp fine salt
1 garlic clove, grated

Put all the ingredients in a large mixing bowl and gently massage with your hands to combine. Check for seasoning and add a pinch more salt or sugar, if necessary. Serve straightaway, or keep for up to 3 days in an airtight container in the fridge.

Each serving contains



Energy	Fat	Saturates	Sugars	Salt
147kJ 35kcal	1g	<1g	4g	0.3g
2%	2%	1%	4%	5%

of the reference intake. See page 9.
Carbohydrate 4g Protein 0g Fibre 2g
Low in fat; high in fibre; high in vitamin A

Any barbecue calls for a good salad that lends a subtle acidity, which can cut through heavy flavours. This one is perfectly sharp with just enough heat

Deeply savoury ssamjang is a dipping sauce that accompanies all manner of Korean barbecue tables. Loosened lightly with a gentle touch of rice wine vinegar, it makes a great dressing for earthy mushrooms

GRILLED MUSHROOMS WITH SSAMJANG DRESSING

Serves 6  

Takes 25 mins plus

10-30 mins marinating

Cost per serve 78p

2 x 250g packs large flat mushrooms (stalks removed, if you prefer)
1 tbsp rapeseed oil

1 red chilli, sliced diagonally (deseeded, if you prefer)
2 tbsp crispy fried onions
For the ssamjang dressing
2 spring onions, sliced
1 garlic clove, grated
2 tbsp rice wine vinegar
1 tbsp toasted sesame oil
2 tsp doenjang or red miso paste
1 tsp gochujang
1 tsp granulated sugar
1 tsp sesame seeds
½ tsp ground black pepper

1 Mix together the ingredients for the ssamjang dressing with 2 tbsp water in a small bowl; set aside.
2 Brush the mushroom tops with the oil. Light the barbecue and wait until the flames have died down and the coals are white. Alternatively, heat a griddle pan over a high heat until hot. Cook the mushrooms for 10-12 mins, turning occasionally, until softened. Transfer to a bowl, cover and leave to cool slightly.

3 After 5-10 mins you should notice the brown liquid from the mushrooms pooling at the bottom of the bowl; discard this. Slice the mushrooms into 1.5cm-thick strips and transfer to a serving platter. Pour over the ssamjang dressing and leave to marinate for 10 mins (or for up to 30 mins). Scatter with a pinch of salt, the red chilli and crispy onions to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
392kJ 94kcal	7g	2g	2g	0.3g
5%	11%	8%	2%	5%

of the reference intake. See page 9.
Carbohydrate 4g Protein 3g Fibre 1g
1 of your 5-a-day; low in salt



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*Consumer sensory hall tests Jan 2022, St Pierre vs. UK competitor brands and private label (brioche burger bun & brioche loaf), N=202

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WHAT A LINEUP!

Get the gang together to build their favourite towering burgers for Father's Day – try one of these great combos

Luxury beef burger



HOW TO BUILD A BURGER

Melt your slice of cheese on top of the burger patty as it finishes cooking. If your barbecue has a lid, close that to help melt the cheese and keep the burger juicy. If you're assembling a few burgers together, add crisp lettuce to the bun bases so they don't get soggy from juices and sauces. Finally, to stop your towering creation tumbling over, a flat cocktail stick pushed into the centre will secure it – and look pretty fab!

Pull out all the stops with Tesco Finest 4 British Beef Quarter Pounders 454g, £4 (88p/100g). Add Fire Pit 4 Monterey Jack Maple BBQ Flavour Burger Melts 100g, £1.60, and top with Tesco Finest Maple Cured Streaky Bacon 240g, £3.50 (£1.46/100g), and Easy burger sauce (see our recipe, p49) for a luxury classic.



Why not try?

Remember to choose a bun that's sturdy enough to hold your filling. Try ciabatta rolls or wholemeal deli rolls.

*Offer available from 30 May to 10 September 2023. Available in the majority of larger stores. Clubcard/app required

Save
the date

Father's Day
this year is
on 18 June.

Meat-free marvel

Sweet chilli salmon



Keep the flavours smokin' with Wicked Kitchen 2 x No-pork & Choriz-no Patties 226g, £2.60 (£1.15/100g), and spicy homemade Griddled avocado & pineapple salsa (see recipe, p48).



Wicked Kitchen 10 Coconut Oil Alternative to Smoked Gouda Style Slices 200g, £2.50 (£1.25/100g), can also be melted onto red peppers as a vibrant barbecue side.



Pair Fire Pit 2 Lemon & Herb Salmon Burgers 196g, Normal price: £3.50 (£1.79/100g), Clubcard Deal*: 2 for £6, with cucumber slices, watercress and homemade Sweet chilli coleslaw (recipe, p49) for a fresh flavour.



TOP BURGER TOPPERS

Supercharge your DIY burger bar with these quick, easy accompaniments and ready-made buys...



TRUE BLUE

Stilton fan? Try Fire Pit 4 Blue Stilton Burger Melts 100g, £1.60, on grilled chicken with crisp lettuce leaves.

GRIDDLED AVOCADO & PINEAPPLE SALSA

Serves 6 **V** **DF** **GF**

Takes 15 mins plus 30 mins chilling

Cost per serve 67p

INGREDIENT SWAP Swap the pineapple for grilled mango or melon.

Brush 250g **pineapple chunks** with 1 tsp **vegetable oil**; cook on a barbecue or under a grill on high for a few mins, turning occasionally, until slightly charred. Cut the pineapple and 2 **avocados** into small cubes and put in a bowl with ½ finely diced **red onion**, 1 small, finely diced **red chilli**, 10g finely chopped **fresh coriander**, and the zest and juice of 1 **lime**. Season and stir gently to mix. Cover and chill for at least 30 mins before serving. Will keep for up to 1 day, covered, in the fridge.

Each serving contains

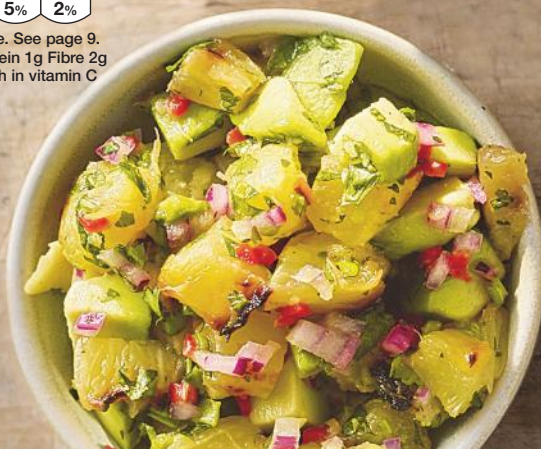
Energy	Fat	Saturates	Sugars	Salt
479kJ 116kcal	9g	2g	5g	0.1g
6%	13%	11%	5%	2%

of the reference intake. See page 9.
Carbohydrate 6g Protein 1g Fibre 2g
1 of your 5-a-day; high in vitamin C

Tangy pineapple salsa

GET SAUCY

Two condiments no burger bar should be without: Fire Pit Burger Relish 315g, £1.80 (57p/100g), and Fire Pit Smoky Onion Relish 300g, £1.80 (60p/100g), will keep everyone happy.



SWEET CHILLI COLESLAW

Serves 6 **V** **GF**

Takes 10 mins plus chilling

Cost per serve 19p

Finely shred 200g **red cabbage** and put in a bowl with 2 grated **carrots** and 1 sliced **spring onion**. In a separate bowl, mix together the juice of ½ **orange**, 150g **light mayonnaise** and 3 tbsp **sweet chilli sauce**. Stir through the veg to coat. Cover and chill for at least 30 mins before serving. Will keep for up to 2 days covered in the fridge.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
504kJ 121kcal	7g	1g	10g	0.4g
6%	9%	3%	12%	6%

of the reference intake. See page 9.
Carbohydrate 13g Protein 1g Fibre 3g
1 of your 5-a-day; high in vitamin A

Sweet 'n' crunchy slaw

EASY BURGER SAUCE

Serves 6 **V** **GF**

Takes 5 mins plus chilling

Cost per serve 7p

INGREDIENT SWAP Add a tablespoon of sriracha or hot sauce to give a little kick.

Very finely chop 20g **cornichons** or **gherkins** and put in a bowl with 1 tbsp **vinegar** from the jar. Stir in 3 tbsp **ketchup**, 5 tbsp **light mayonnaise** and 1 tbsp **American-inspired mustard**. Mix to combine. Cover and chill for at least 15 mins before serving. Will keep for up to 3 days covered in the fridge.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
189kJ 46kcal	3g	<1g	2g	0.3g
2%	5%	2%	3%	5%

of the reference intake. See page 9.
Carbohydrate 4g Protein <1g Fibre <1g
High in vitamin E; low in saturated fat

Punchy burger sauce



DON'T FORGET THE MAYO!

Plant Chef Vegan Mayo 270g, £1.10 (41p/100g), is creamy enough to swap in for your regular bottle.

DRINK MATCH



PepperBox Shiraz, £10*, is an intense wine packed with ripe juicy fruit and a cracking peppery finish, making it the perfect partner for barbecued meats.

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SMART CARDS

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£1.75



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£1.75

How to...

PICK A PRESENT

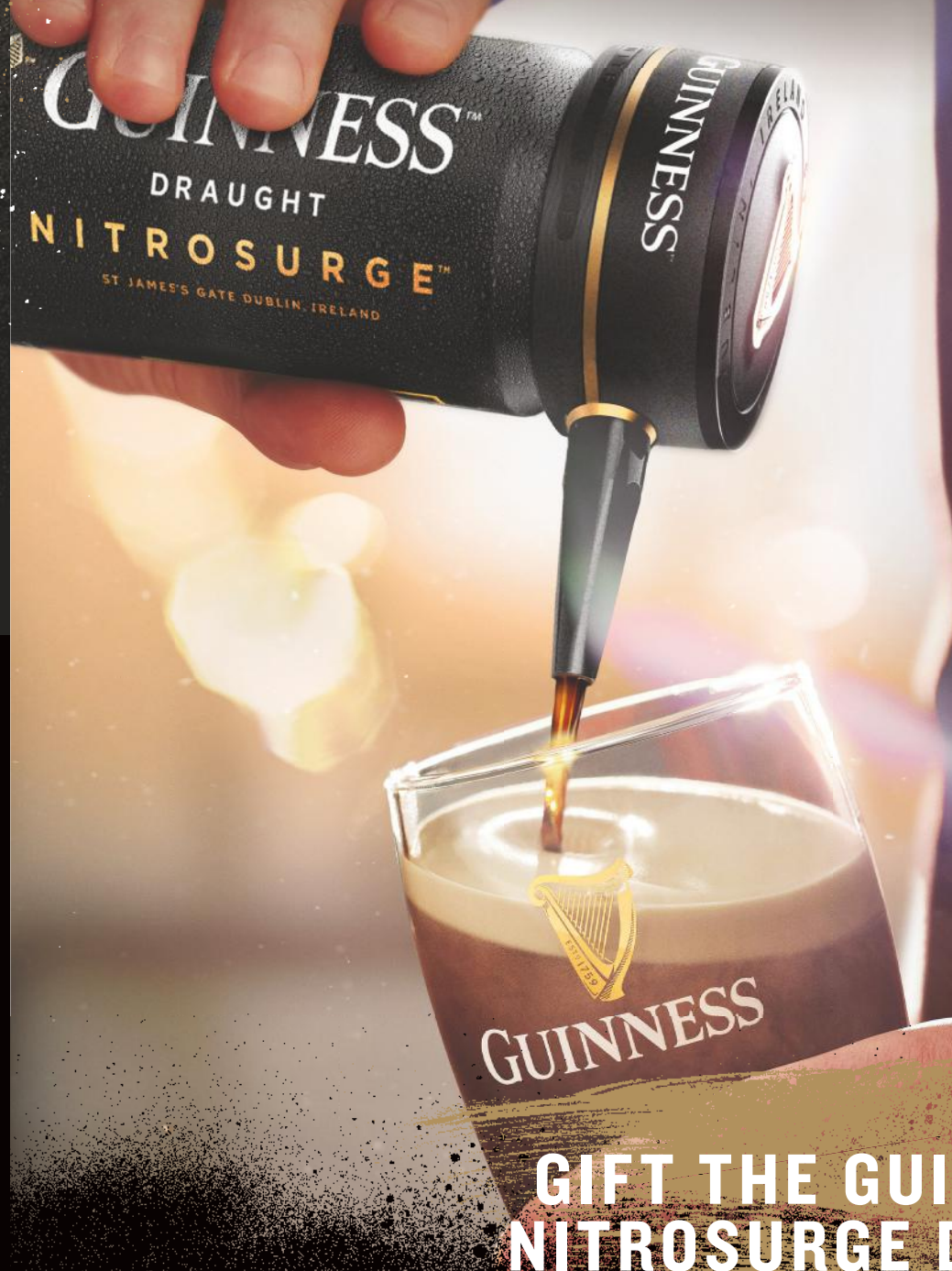
If he loves a laugh, choose a novelty gift. Tech lover? Try a device stand or beard trimmer. Actions speak just as loud – a promise to wash the car or make breakfast could be the way to go!



COOL TOOL

What can open bottles, unscrew bolts and light up the dark? No, it's not the start of a terrible dad joke, it's this **Multi-Tool Keyring, £4**. Loop it on with keys for a practical gift.

**TREAT DAD TO
THE PERFECT
POUR**



GUINNESS

**GIFT THE GUINNESS
NITROSURGE DEVICE**

Perfectly portable

Sweet treats made for stashing in the cool box for a picnic or party

**Pink
lemonade
loaf cake**
p55

*Cover
recipe*



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PINK LEMONADE LOAF CAKE

Serves 10

Takes 1 hr 25 mins plus
cooling

Cost per serve 57p

225g baking spread, at
room temperature,
plus extra for greasing

285g caster sugar

4 large eggs

225g self-raising flour

2 lemons, zested,

½ juiced

15g tube Dr. Oetker pink
food colour gel

120ml pink lemonade,

plus 2½–3 tbsp extra

200g icing sugar

15 raspberries, to

decorate

mint leaves, to decorate
(optional)

1 Preheat the oven to gas 4,
180°C, fan 160°C. Grease and line
a 900g loaf tin with baking paper.

2 Put the baking spread and 225g
caster sugar in a mixing bowl and
beat with an electric whisk or
wooden spoon until light and
fluffy. Add the eggs, two at a time,
beating well between each
addition (don't worry if it splits, it
will come together when you add
the flour). Fold in the flour with a
large metal spoon or rubber
spatula until combined. Stir in the
lemon juice and half the zest.

3 Divide the mixture between
two bowls. Squeeze all but ¼ tsp
of the food colouring into one
bowl, then stir until the batter is
a solid pink. Alternate spooning
the pink and plain cake mixtures
into the tin until all the batter is
used up. Swirl a skewer around to
create a marbled effect.

4 Bake for 50 mins–1 hr until a
skewer inserted in the centre
comes out clean (cover with foil
after 50 mins if it's browning too
much). Leave to cool for 10 mins.

5 Meanwhile, heat the 120ml pink
lemonade and 60g caster sugar

in a pan over a medium heat until
it starts to bubble. Gently simmer
for 6–8 mins until reduced a little.
Set aside to cool completely.

6 Prick the warm cake (still in the
tin) all over with a skewer. Spoon
half the lemonade mixture over
the warm cake, leave to soak in,
then spoon over the rest. Leave
to cool completely in the tin.

7 Transfer the cooled cake to a
serving plate or board. Put the
icing sugar in a bowl and gradually
stir in the 2½–3 tbsp lemonade
until the icing thickly coats the
back of the spoon. Stir in enough
of the reserved colouring to
make a bright pink icing (it will
darken a little on standing).

Spoon over the top of the cake,
gently spreading with a cutlery
knife to cover the top and drip
down the sides. Decorate with
the remaining lemon zest and the
raspberries, and mint leaves, if
using. Leave to set for 1–2 hrs
before transporting. It will
keep for up to 3 days in an
airtight container.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1960kJ 467kcal	19g	5g	50g	0.6g
23%	28%	24%	55%	10%

of the reference intake. See page 9.
Carbohydrate 67g Protein 6g Fibre 1g

Slice before wrapping up



Keep in a cool bag



WHITE CHOCOLATE & MANGO FLAPJACK BLONDIE TART

Serves 10 **V**

Takes 2 hrs plus chilling

Cost per serve 41p

80g baking spread, plus
extra for greasing
100g light soft brown
sugar
50g golden syrup
150g porridge oats
50g desiccated coconut
50g Brazil nuts, finely
chopped

For the blondie filling

100g baking spread,
melted
125g light soft brown
sugar
75g caster sugar
1 large egg
1 tsp vanilla extract
175g plain flour
½ tsp baking powder
90g white chocolate,
roughly chopped
75g fresh mango, cut
into 1.5cm pieces

1 Preheat the oven to gas 4, 180°C, fan 160°C. Grease and base-line a 20cm loose-bottomed fluted tart tin with baking paper. For the flapjack case, put the baking spread in a pan with the brown sugar and golden syrup. Heat over a low-medium heat for 2-4 mins, stirring occasionally, until melted and dissolved. Remove from the heat; stir in the oats, coconut, nuts and a pinch of salt.

2 When cool enough to handle, tip into the lined tart case. Dampen your fingertips with cold water (this will stop the mixture from sticking) and firmly press into the base of the tin while also easing it up the sides to create a firm case – you could also use a pestle to help. Set aside.

3 For the blondie filling, put the melted baking spread and sugars in a large bowl. Use an electric hand whisk or a balloon whisk to mix until light and smooth, then add the egg and vanilla. Whisk for 2 mins until light and creamy.

4 Mix together the flour and baking powder; fold into the batter with a metal spoon until just combined. Fold in most of the white chocolate and half the mango. Spoon into the flapjack case and level with the back of the spoon. Scatter over the remaining chocolate and mango.

5 Bake for 1 hr 20 mins-1 hr 30 mins, covering tightly with foil after 35 mins, until the edges of the filling are set but the middle has a slight wobble. Leave to cool completely in the tin on a wire rack. Once cool, remove from the tin and transfer to a serving plate or board to chill for at least 1 hr to finish setting. Serve slightly chilled or at room temperature. Will keep for up to 3 days in an airtight container.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2094kJ 500kcal	25g	9g	39g	0.4g
25%	35%	46%	43%	7%

of the reference intake. See page 9.
Carbohydrate 62g Protein 6g Fibre 3g

SUMMER SCONES

Makes 12 **V** ***** freeze
un glazed scones

Takes 35-40 mins plus
cooling

Cost per serve 57p

LOW ENERGY Bake the scones in an air-fryer at 180°C for 10-14 mins until risen and golden.

435g self-raising flour,
plus extra for dusting
2 tsp baking powder
50g caster sugar
100g butter, cubed

2 medium eggs, beaten
150ml milk

2½ tbsp Summer Cup
2 tbsp strawberry jam

For the strawberries
227g punnet

strawberries, hulled
and quartered

3 tbsp Summer Cup

1 tsp caster sugar

1 orange, zested

5g fresh mint, leaves
chopped

For the cream

200ml whipping cream

1 tbsp caster sugar

1½ tbsp Summer Cup

1 Preheat the oven to gas 4, 180°C, fan 160°C and line two baking sheets with baking paper. Mix the flour, baking powder and sugar in a large bowl. Add the butter and rub with your fingertips until it resembles fine breadcrumbs. (Alternatively, pulse in a food processor.)

2 Reserve 1 tbsp beaten egg and pour the rest into the flour mix. Add the milk and stir to bring together as a dough. Turn out onto a work surface lightly dusted with flour and knead briefly.

3 Roll out the dough to about 2cm thick. Stamp out 12 x 6cm rounds, rerolling as needed, and transfer to the prepared baking sheets. Stir ½ tbsp Summer Cup into the reserved egg and use to brush the tops of the scones. Bake for 15-17 mins until risen and lightly golden, then transfer to a cooling rack.

4 Meanwhile, put the strawberries in a bowl with 3 tbsp Summer Cup, the caster sugar, orange zest and chopped mint; mix well. Cover and chill in the fridge for up to 2 hrs.

5 Gently heat 2 tbsp Summer Cup with the jam in a small saucepan for 2-3 mins, stirring occasionally, until melted and smooth. Brush over the warm scones, then set aside to cool.

6 Pour the cream into a bowl, add the caster sugar and 1½ tbsp Summer Cup. Whip to medium-stiff peaks. Serve alongside the scones with the macerated strawberries. The scones will keep for up to 3 days in an airtight container.

Each scone contains

Energy	Fat	Saturates	Sugars	Salt
1392kJ 333kcal	15g	9g	13g	0.5g
17%	21%	44%	14%	9%

of the reference intake. See page 9.
Carbohydrate 40g Protein 6g Fibre 2g





Assemble at your picnic

Summer
scones
p57

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ideas for bakes to
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81 kcal
330 KJ PER 175g SERVING

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POPWORKS
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& SALTY**
Flavour
POPPED CRISPS



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VEGAN
GLUTEN FREE

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CHIPOTLE
CHILLI**
Flavour
POPPED CRISPS



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It's a tin thing

Glam up your can with a few easy serving suggestions that have all the appeal of fancy cocktails

GLOW UP THE LOW AND NO

With nine classic gin botanicals including juniper berries, citrus peels and angelica, Low Alcohol Reduced Calorie Gin & Tonic 4 x 250ml, £4 (40p/100ml), hits all the right notes for a lighter cocktail, with just 12 calories. Serve in a tumbler with a twist of orange, or wedges of watermelon and some mint leaves. For a fun and fragrant alternative, mix with basil leaves and a stalk of lightly bashed lemongrass.

Turkish delight & peach



Watermelon & mint

RETHINK YOUR G&T

The triple-distilled London dry gin in Gin & Tonic 250ml, £1.25 (50p/100ml), is specially selected by Tesco experts. There's nothing wrong with ice and a slice, but take your G&T to a new level with ¼ tsp rosewater and griddled peach segments in the glass. Finish off with a few cubes of Turkish delight on a cocktail stick and a sprig of thyme or rosemary.

SPICE UP VODKA LEMONADE

Triple-distilled grain vodka is used in this Vodka, Lime & Lemonade 4 x 250ml, £4 (40p/100ml) – this is a zesty drop of sunshine, ideal for barbecues and picnics. Serve in a tall glass over ice. Feeling adventurous? Add halved strawberries and a twist of black pepper, or coriander leaves and halved fresh chillies.

More garnishes**FOR LOW-ALCOHOL TINS**

Add a bit of wow-factor with griddled pineapple, using the tips of the leaves to decorate.

**FOR VODKA**

Squeeze a little grapefruit juice into your vodka, with a handful of blueberries, for an easy way to elevate your cocktail.

**FOR GIN**

Give your tins the summer treatment by adding cucumber ribbons, mint leaves and fresh fruit.



Strawberry & black pepper

WORDS GREGOR McMASTER PHOTOGRAPHY MYLES NEW FOOD STYLING EMMA JANE FROST PROP STYLING JENNY IGGLEDEN



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PICNIC WITH PRIDE

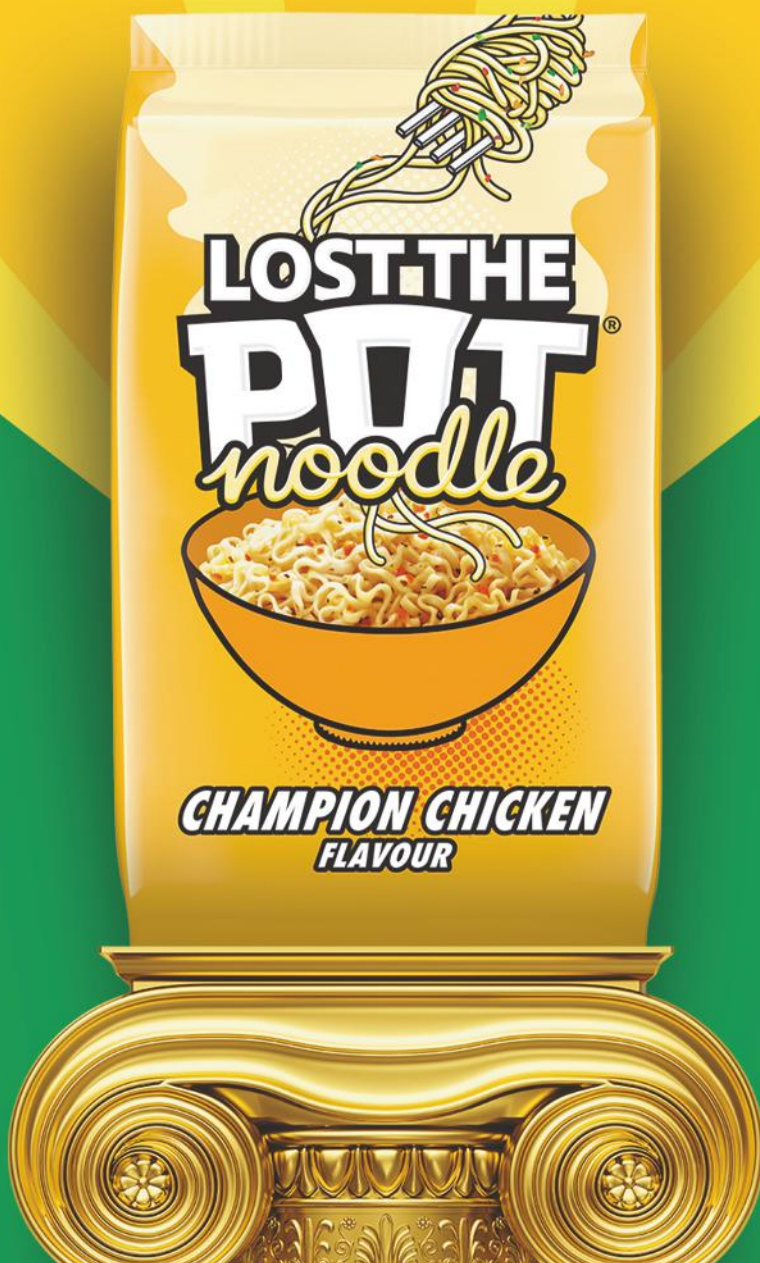
We asked some foodies celebrating Pride for
the portable dishes they love to share, and
what makes them special

Iced
buns
p65



DISCOVER THE No.1 FOR TASTE*

30p off
coupon on
page 4



*LOST THE POT CHAMPION CHICKEN NOODLES ARE NO. 1 FOR TASTE VS THE LEADING CHICKEN BLOCK NOODLE. BASED ON A NATIONWIDE DOUBLE-BLIND CONSUMER TASTE TEST. 273 RESPONDENTS. IPSOS MORI, JULY 2023.

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JACOB TAYLOR
Recipe developer
(@tayloredbites)

'I'm the sort of person who, when spending time with friends, makes and brings food, especially baked goods. Iced buns are perfect for this – they're a true tear 'n' share treat! Not only are they a nostalgic bake for me, but everyone loves them. They go down well with a cuppa or G&T (alcohol-free in my case).'

ICED BUNS

Makes 12 freeze un-iced

Takes 40 mins plus proving

Cost per serve 30p

GET AHEAD Make the dough up to the start of step 2, then transfer to the fridge to slow-prove overnight. Continue the recipe the next day.

500g strong white bread flour, plus extra for dusting

7g sachet (or 2½ tsp) fast-action yeast

50g caster sugar

50g unsalted butter, softened

1 medium egg

195ml milk

vegetable oil, for greasing

250g icing sugar
pink, yellow and orange food colouring gels

1 Put the flour, yeast, sugar and butter in a large mixing bowl with the egg, 140ml tap water and 160ml milk. Use a spatula to mix, then use your hands once the dough starts coming together. Tip out onto a work surface and knead for 10 mins until smooth – if it sticks, add a little oil, but avoid adding more flour.

Alternatively, knead with an electric mixer using a dough hook for up to 10 mins or until the dough stops sticking to the bowl.

2 Clean and lightly grease the bowl, then return the dough to it. Cover with a damp tea towel and set aside for 1½–2 hrs until doubled in size. Meanwhile, double-line a large baking sheet with baking paper.

3 Punch the air out of the dough, then tip onto a lightly floured surface and divide into 12 pieces with a sharp knife. Dust your hands with flour and cup them around a piece of dough on the worktop. Draw one hand towards you while you push the other away, to turn the dough and smooth its top. Repeat until you have a smooth round of dough.

4 Roll the round of dough between your hands to make a sausage shape 8–10cm long and 2–3cm wide. Transfer to the lined baking sheet and repeat with the

remaining dough; space them about 2cm apart on the sheet.

5 Gently cover the buns with a lightly greased piece of clingfilm, then leave to prove for 30 mins–1 hr or until doubled in size. They should be almost touching each other. Preheat the oven to gas 7, 210°C, fan 190°C.

6 Remove the clingfilm and bake on the middle shelf for 10 mins or until golden. Transfer to a wire rack to cool completely.

7 Mix the icing sugar in a bowl with 25–35ml milk to make a smooth, spreadable icing (you can add a little more milk if you want more of a glaze). Divide between bowls and add food colouring as desired. Spread a small dollop of icing over the top of each bun with the back of a spoon – it should smooth out as it settles. Drizzle with a second colour, then leave to set. The buns are best eaten on the day they're made but will keep for up to 2 days in an airtight container.

Each bun contains

Energy	Fat	Saturates	Sugars	Salt
1303kJ 309kcal	6g	3g	27g	0.1g
15%	8%	14%	30%	1%

of the reference intake. See page 9.
Carbohydrate 57g Protein 7g Fibre 2g

Have fun with the icing





CRAIG POKU
Data scientist
and baker
(@pokubakes)

‘Pride is a time for celebration and bringing the community together to talk about the progress we’ve all made. I enjoy making these pies because it gives me the opportunity to celebrate my culture and give my friends the opportunity to share their stories through food.’

MINI CHICKPEA, RED ONION & MUSHROOM PIES

Makes 10

Takes 1 hr plus cooling

Cost per serve 37p

2 tbsp sunflower oil
1 large red onion, finely diced
200g closed-cup mushrooms, finely diced
50g spring onions, finely sliced
4 garlic cloves, crushed
1½ tbsp tomato purée
210g tin chickpeas, liquid reserved
227g tin chopped tomatoes
1½ tbsp smoked paprika
1½ tsp crushed chillies
plain flour, for dusting
425g pack shortcrust pastry

1 Heat the oil in a large pan over a high heat and fry the onion and mushrooms for 10 mins or until softened. Add all the other ingredients apart from the chickpea water and pastry; cook for 10 mins. Season to taste, then remove from the heat. Leave to cool to room temperature.

2 Meanwhile, put the reserved chickpea water in a small saucepan over a high heat. Bubble for 5 mins or until it becomes syrupy. Tip into a small bowl and leave to cool.

3 Preheat the oven to gas 6, 200°C, fan 180°C. Roll out the pastry to 2–3mm thick, then use an 11cm cutter and a 9cm cutter and cut out 10 circles with each, rerolling the pastry if needed. Make 2 small slashes in the smaller circles and use the larger ones to line 10 holes of a muffin tin.

4 Divide the filling between the pastry cases and cover with the smaller pastry circles, crimping the edges to seal them. Brush with the reduced chickpea liquid and grind over a little black pepper. Transfer to the freezer for 10 mins.

5 Bake for 20–25 mins or until golden brown, turning the tray around halfway; loosely cover with foil if they start to brown too quickly. Leave to cool for 10 mins before removing from the tin. Serve warm or at room temperature for a picnic. Will keep for up to 3 days in an airtight container.

Each pie contains

Energy	Fat	Saturates	Sugars	Salt
892kJ 213kcal	11g	3g	3g	0.2g
11%	16%	17%	3%	3%

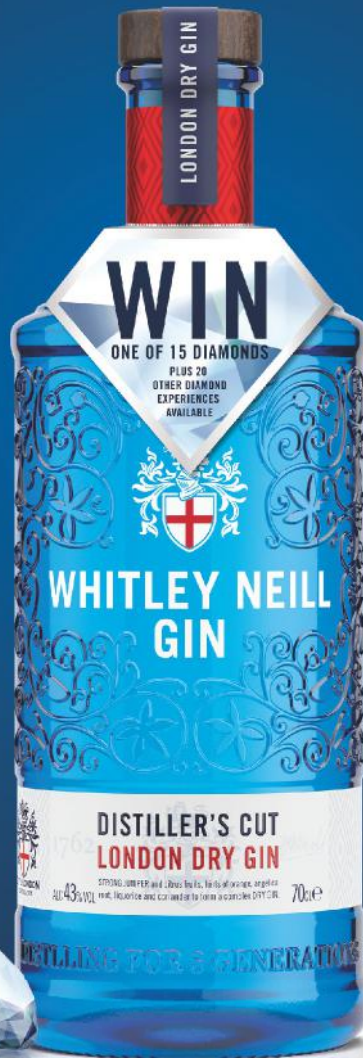
of the reference intake. See page 9.
Carbohydrate 22g Protein 5g Fibre 3g
Source of vitamin E; source of fibre



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The prize will be indicated via a diamond illustration on the bottle cork (for the winner to claim as per T&C's). There will be no real diamonds in the Distiller's Cut bottles.

whitleyneill.com be drinkaware.co.uk



SASKIA SIDEY
Recipe developer
(@saskia.sidey)

‘This salty, crisp, fluffy and chewy delight is my favourite kind of easy show-stopper to bring along to a picnic. There won’t be a crumb left in sight! Chuck all the ingredients together the night before, give it a mix and then be rewarded in the morning with the heavenly scent of freshly baked bread. Roasted grapes are intensely sweet and contrast beautifully with the sharp and tangy blue cheese. Slice it up and serve as part of a spread with charcuterie, dips and cheeses.’



**STILTON & GRAPE
FOCACCIA****Serves 12** **Takes 55 mins plus**
overnight proving**Cost per serve 21p**500g strong white bread
flour

2½ tsp fine sea salt

1 tsp fast-action dried
yeast
6 tbsp extra-virgin olive
oil, plus extra for
greasing and serving
3 rosemary sprigs, thick
stalks removed
150g red grapes
70g Stilton or soft blue
cheese
1 tsp sea salt flakes

1 The night before your picnic, mix the flour, salt and yeast in a large bowl. Add 2 tbsp oil and 400ml cold water; mix until there are no dry patches of flour – you can use a silicone spatula or your hand. The dough will be very wet and sticky – don't worry! Scrape as much of the dough as you can from the sides of the bowl. Grease the sides of the bowl, cover with clingfilm and leave at room temperature to rise overnight, or in the fridge for up to 2 days.

2 The next morning, line the base of a high-sided 20 x 32cm baking tin with nonstick baking paper and drizzle with 1 tbsp olive oil. Oil your hands, then scrape the puffy dough into the tin. Place both hands under the dough, pull up from the bottom and plop it back down a few times to stretch a little. Push it into the corners as much as you can, then cover with oiled clingfilm and set aside for 1–2 hrs until it has risen to fill the tin.

3 Preheat the oven to gas 7, 220°C, fan 200°C. Put the rosemary in a bowl of cold water for a few mins to soak. Drizzle the focaccia with 1 tbsp oil, then use your fingers to push the dough right into the corners. Working your way from the top to the bottom of the tin, press your fingers into the dough to make dimples.

4 Dot the grapes and rosemary leaves around the dough, pressing them in slightly. Crumble over the cheese and nestle it in. Drizzle with another 2 tbsp olive oil, then scatter with sea salt and a good grind of black pepper. Bake for 25–30 mins until golden, crisp and risen. Leave to cool in the tin for 10 mins, then transfer to a wire rack and remove the baking paper. Best on the day it's baked but will keep at room temperature for 2–3 days.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1054kJ 251kcal	10g	3g	2g	1.8g
13%	15%	13%	3%	30%

of the reference intake. See page 9.
Carbohydrate 32g Protein 7g Fibre 2g

**ULTIMATE CHICKEN
SALAD****Serves 6****Takes 30 mins plus**
marinating**Cost per serve £1.60**

1½ tsp smoked paprika
1 vegetable stock cube,
crumbled
2 thyme sprigs, leaves
picked
3 chicken breasts
1 large shallot,
thinly sliced into
rounds
4 tbsp sherry vinegar or
red wine vinegar
80g sundried tomatoes,
roughly chopped, plus
5 tbsp oil from the jar
1 tbsp Dijon mustard
1 avocado, diced
½ cucumber, cut into
half-moons
200g cherry tomatoes,
halved
170g pack classic crispy
salad leaves
20g fresh basil, leaves
picked
20g Parmesan, shaved

1 Mix the paprika, crumbled stock and thyme in a small bowl. Sprinkle over the chicken, then cover and set aside for at least 10 mins, or overnight in the fridge.
2 Put the shallots in a bowl with the vinegar, season with salt and scrunch with your hands to mix. Set aside to lightly pickle.
3 Heat 1 tbsp sundried tomato oil in a large frying pan over a medium heat. Cook the chicken breasts for 3–4 mins until golden, then flip and cook for a further 3–4 mins until cooked through. Set aside to rest. Splash 2 tbsp water into the pan, scraping up all the bits; reserve the liquid. Thinly slice the chicken.

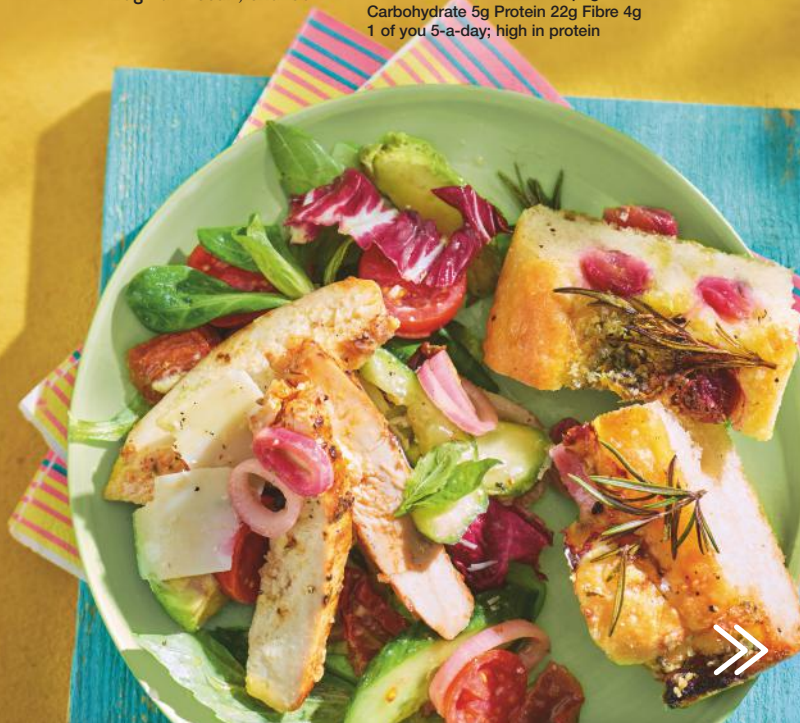
4 Pour the vinegar and pickled shallots into a large bowl (or a container if making for a picnic). Add 4 tbsp sundried tomato oil with the mustard and reserved chicken pan juices; stir well to combine and season with pepper.

5 Layer up the salad in the same container as the dressing, starting with the avocado, sundried tomatoes, cucumber and cherry tomatoes, followed by the chicken, lettuce, basil leaves and Parmesan on top. Toss everything together when ready to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1256kJ 302kcal	21g	4g	4g	1.4g
15%	30%	21%	4%	23%

of the reference intake. See page 9.
Carbohydrate 5g Protein 22g Fibre 4g
1 of you 5-a-day; high in protein



£1.60

per serve

Ultimate
chicken
salad p69

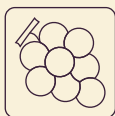
Lightly pickling the shallots for the base of the dressing makes the sharpness less intense. The chicken has a crazy umami hit: a crumbled vegetable stock cube is a quick hack to take seasoning to the next level. If you're having this salad on the go, leave the dressing at the bottom of your container, and gently mix to dress Saskia Sidey



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JOHNNIE WALKER



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THE EXTRA
MILE



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TAKE ME OUT

Welcome summer with new picnicware to brighten up every alfresco lunch

PERFECTLY PRACTICAL

This colourful picnic range can be used year after year, and even goes in the dishwasher. Keep fridge items in this striking cool bag and add crumpled newspaper to help keep things colder for longer. Avoid doubling up on food items by assigning each guest a snack to bring to the picnic. And if you have leftovers, head to p76 for ideas on how to use them up.

The Popsicle Stripe range includes:
 1 Cool Bag, £10 2 Hiball Glass, £1 3 Picnic Plate (4-pack), £2.50 4 Large Serving Bowl, £5 5 Dinner Plate, £2 6 Tumbler (4-pack), £1.75 7 Bowl (4-pack), £1.75 8 Picnic Rug, £10 9 12-piece Cutlery Set, £1.75 10 Fruits Drink Dispenser, £8



IN THE NAVY

This smart picnicware works just as well for outdoor dinner parties as it does picnics. The rug can be stashed in the car boot so it's always handy, and its foil back means no wet bums!



Picnic Rug, £10;
 Blue Spot Serving Bowl, £3.50; 12-piece Melamine Dinner Set, £22

PEEL-GOOD PRINTS

These tropical touches are simply the zest. Serve drinks or juices in jars for a retro spin, or add citrus slices to your water bottle for a refreshing sip.

Water Bottle 550ml, £4;
 Fox & Ivy Lemon Cushion, £12;
 Lemon Drinking Jar, £2.50;
 Pineapple Drinking Jar, £2.50





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BARISTA BREW

Skip the queue and save some cash with a quality coffee that hits all the right notes – which you can brew at home

MAKE YOUR PERFECT COFFEE

1 Pick your flavour profile. The Tesco Finest range of ground coffee has everything from sweet and earthy Indonesian to intense and dark Colombian. You can also select coffee beans to grind yourself.

2 Warm a cafetière by swirling hot water in it then tipping it out, so when you add just-boiled water to make the coffee, the temperature doesn't drop too much. Add about one rounded tablespoon of ground coffee per person.

3 Boil the kettle, then wait 10 seconds before pouring the water so you don't scald the coffee and spoil its flavour. Stir well. Brew with the plunger up for 3–5 mins, or a little longer for a strong coffee. Plunge, then pour into a warmed cup with your milk of choice.

GIVE ME MORE!

Got a coffee machine and want to save time? See p11 to discover the new Tesco Finest Vanilla Flavour Coffee Capsules.

Why not try?

Iced coffee gives your brew a whole new taste. Fill a cold glass with lots of ice, pour freshly brewed coffee over (better still, chill or even freeze it first), then add your choice of cold milk to serve.



When choosing coffee, a low number represents a mild/light flavour, while high indicates a strong/bold flavour. Tesco Finest Morning Ritual Ground Coffee 227g, £3.90 (£1.72/100g), is a medium-bodied coffee blend with a smooth texture, while new Tesco Finest Sunset Hour 227g, £3.90 (£1.72/100g), has a full-bodied, velvety finish. Both carry the Rainforest Alliance seal, which stands for a better future for people and nature. Each bag will make 30 coffees – that's just 13p a brew!



Too good to waste

Thrifty tips to save money and reduce waste from your summer get-togethers

USE IT UP

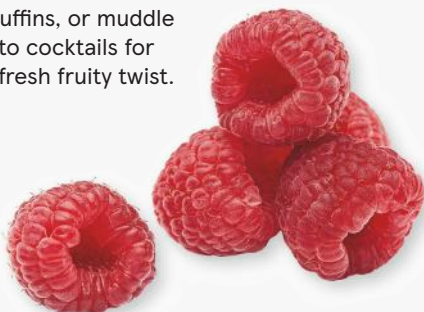
Speedy ideas for using up leftover ingredients from some recipes in this issue

FRESH MANGO, p57

Blitz with sugar and lime juice, then freeze to make a refreshing sorbet. For a savoury idea, chop and mix with red onion, pepper, chilli and coriander to create a salsa, which you can serve with tacos or at your next barbecue.

RASPBERRIES, p55

Sprinkle over porridge or cereal to up your 5-a-day, stir through sweet treats like loaf cakes or muffins, or muddle into cocktails for a fresh fruity twist.



WHIPPING CREAM, p80

Unwhipped cream can be swirled into soups for extra indulgence. Already whipped? Spoon dollops onto a lined baking tray and freeze. Once frozen, store in freezer-safe bags. To use, place directly onto hot chocolate.

BURGERS, p46

Knead herbs into leftover burgers, then roll into balls and use for meatballs. Uncooked fresh burgers can be frozen for up to 3 months: just defrost overnight in the fridge before cooking. For leftover cooked burgers, chop and heat in a frying pan until piping hot and stir through pasta.



TAHINI, p18

Once opened, store in the fridge for up to 5 weeks. For a tasty dip, add lemon juice and season. For quick lunches, fill wraps with falafels and salad, then add a touch of tahini and a few pomegranate seeds.

GOCHUJANG, p39

Try in sweet and sour pork or in a marinade for chicken wings to add depth. Or stir a little into houmous to elevate it.



PANCETTA, p32

Fry and stir through quiches or pasta dishes to add smokiness. Swap into recipes where you would use bacon.

FRIDGE-RAID FEASTS

Turn your picnic leftovers into a rustic panzanella

1 The bread This salad is ideal for using up stale bread to make croutons but you can also use fresh. Try leftover burger or hot dog buns, focaccia or baguettes. Tear into chunks and toast in the oven.

2 The veg Tomatoes will make up the bulk but all your picnic essentials can be used here - try adding cucumber, red onion, peppers and any leftover leaves.

3 The extras Add salt with olives or capers, sweetness with slices of stone fruit like peaches or nectarines, and decadence with torn mozzarella.

4 The dressing The juice from the tomatoes will create a dressing, but you can also drizzle over a mix of olive oil, red wine vinegar and crushed garlic. Top with basil leaves.

Make the most of...

CONDIMENTS

KETCHUP

Stir through sauces with chopped tomatoes to balance the tartness, or mix with mayonnaise and lemon juice for a speedy Marie Rose sauce to serve with prawn cocktail.

MAYONNAISE

Add to cake batter for an extra-moist sponge. Or mix with yogurt, chopped capers and mint for easy tartare sauce.

BBQ SAUCE

Pour over chicken breasts wrapped in bacon for Hunter's chicken, or add to baked beans for smokiness.



MUSTARD

Add to mashed potato or cheese sauces to cut through their creaminess.



USE UP ANY BBQ VEG

BBQ VEGETABLE GALETTE

Serves 6  

Takes 35 mins

Cost per serve 74p

425g block shortcrust
pastry

plain flour, for dusting
100g reduced-fat soft
cheese

1 egg, lightly beaten
300-400g leftover
barbecued veg, such
as courgettes and
asparagus

75g Tesco Finest Mixed
baby tomatoes

½ lemon, zested

5g fresh basil leaves
salad leaves, to serve
(optional)

1 Preheat the oven to gas 6, 200°C, fan 180°C and line a large baking tray with baking paper. Roll out the pastry on a lightly floured surface to the thickness of a £1 coin and cut into a 32cm circle. Spread over the soft cheese, leaving a 4cm border. Fold over the edge to create a crust, making small ripples when folding and pressing down lightly into the pastry underneath.

2 Brush the crust with the beaten egg, then bake for

10 mins. Top with the leftover veg and the tomato halves and bake for another 12-15 mins until golden. Scatter with the lemon zest, basil and a crack of black pepper. Serve with salad leaves, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1160kJ 277kcal	15g	6g	3g	0.3g
14%	21%	30%	3%	5%

of the reference intake. See page 9.
Carbohydrate 27g Protein 8g Fibre 2g
Low in salt; high in folate

USE IT UP



Roll out any pastry trimmings and freeze. Or roll and cut into strips, scatter with grated Parmesan and bake until golden for a simple snack.





USE UP POTATO SALAD AND LEAVES

THRIFTY FISHCAKES

Serves 2

Takes 45 mins

Cost per serve £1.99

50g leftover leaves, such as spinach or watercress, plus extra to serve (optional)

350-400g leftover homemade or ready-made potato salad

212g tin pink salmon, drained, skin and large bones removed

2 tbsp plain flour

1 large egg, lightly beaten

4 tbsp golden breadcrumbs

1½ tbsp sunflower or vegetable oil

1 Put the leaves in a colander and pour over boiling water to wilt. Squeeze out the water with the back of a spoon and drain on kitchen paper to remove any liquid. Crush the potato salad pieces a little with a potato masher or fork. Mix with the salmon and wilted leaves; season. Divide into 8 and shape into patties.

2 Put the flour, egg and breadcrumbs in 3 separate shallow bowls. Coat each fishcake in flour, then dip in the egg and finally in the breadcrumbs, making sure they are all evenly covered. Transfer to a plate and put in the fridge for 15 mins.

3 Heat the oil in a large frying pan over a medium-high heat and cook the fishcakes for 8-10 mins, turning halfway, until golden brown and piping hot throughout.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
3038kJ 733kcal	44g	5g	4g	2.2g
37%	62%	27%	4%	36%

of the reference intake. See page 9.
Carbohydrate 46g Protein 36g Fibre 4g

Why not try?

Revive wilted salad leaves by soaking them in iced water for 15-20 mins. Pat dry with kitchen paper and serve alongside your fishcakes.





USE UP BURGER BUNS

BURGER BUN BREAD & BUTTER PUDDING

Serves 6 **V**

Takes 1 hr 10 mins

Cost per serve £1.16

CLEVER SWAP Swap the tinned peaches for 2 fresh ones, sliced into wedges.

FREEZE IT Freeze the peach juice to pour over a homemade fruit salad, or freeze in ice

cube trays to add to summer drinks.

25g unsalted butter
3 leftover sliced brioche burger buns
200ml milk
100ml whipping cream
2 large eggs
15g caster sugar
½ tsp vanilla extract
410g tin peach slices in juice, drained
280g raspberries
single cream, to serve (optional)

1 Preheat the oven to gas 3, 170°C, fan 150°C. Lightly grease a 22 x 15cm ovenproof dish with a little butter. Spread the brioche bun halves with the remaining butter, then cut each in half to create semi-circle shapes.

2 Heat the milk and cream in a saucepan until steaming but not boiling; remove from the heat. Whisk the eggs, sugar and vanilla in a bowl; while whisking, slowly pour in the warm cream.

3 Layer the bun halves across the baking dish so that they overlap, then alternate the peach slices between them. Scatter over 70g raspberries, pour over the custard and leave to soak for 10 mins.

4 Bake for 40 mins until golden brown and puffed up. Leave to rest for 5 mins before serving with the remaining raspberries and a little cream, if you like.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1190kJ 285kcal	15g	8g	15g	0.5g
14%	21%	41%	16%	8%

of the reference intake. See page 9.
Carbohydrate 29g Protein 8g Fibre 3g

MAKE MORE WITH BRIOCHE BUNS

Dry out in the oven and blitz into breadcrumbs, to add a crunchy topping to pasta bakes.

Use in bread sauce for your next Sunday roast.

Coat in an egg, vanilla and milk mix, then fry for French toast.

BARE

head & shoulders



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SMART HOLIDAY SAVES

Those ice creams are calling! But first check out these hacks to help you spend less on your summer getaway

Summer holiday: booked! Now, how can you make sure the cost of all those little extras doesn't get out of hand? Here's how you could be clever with your budget – and hopefully save some cash for fun when you're away.

TRAVEL MONEY

Buying foreign currency may be a job you tend to leave till just before you head off on your holiday, but hear us out. Not only are Clubcard Prices available when you buy Tesco Travel Money in store, but you could also get a voucher to save on Tesco Bank Travel Insurance when you buy currency through Tesco Bank*. And it's one less job to think about last minute. Visit tescobank.com/travel for info.

PASSPORTS

Are all your passports valid? It's up to you to check, not your travel operator. Be aware that validity is often taken as 10 years from the issue date, which can be months earlier than the expiry date states. If you need to get or renew your passport quickly, there are options available – but you'll pay a lot more. For information, visit gov.uk/browse/abroad.

*Tesco Travel Money ordered in store is provided by Travelex Agency Services Limited. Registered No. 04621879. Tesco Travel Money ordered online or by telephone is provided by Travelex Currency Services Limited. Registered No. 03797356. Travelex Agency Services Limited and Travelex Currency Services Limited are Introducing Appointed Representatives of Tesco Personal Finance plc for travel insurance.

INSURANCE

This is another early bird for the win: aim to buy travel insurance as soon as possible after booking in case you have to cancel due to unforeseen circumstances.

If you buy travel insurance direct from Tesco Bank and enter your Clubcard number, you'll get a 10% discount. Up to four children aged under 18 are included free on single and annual multi-trip policies.

Discount doesn't apply to Later Life cover or add-ons. Tesco Bank Travel Insurance is arranged and administered by Rock Insurance Services Limited and underwritten by Inter Partner Assistance SA UK branch.

HOLIDAY ACTION

Now for the fun planning part: researching excursions and activities for your holiday. You can often get a decent discount when booking things in advance online. Check if there are any local free or low-cost tours too. If you have children, search for similar offers on activities, and restaurants where kids eat free.

MOBILES ABROAD

Using your phone in a different country these days can feel like a real gamble in terms of what charges to expect. Helpfully Tesco Mobile has made it easier, as for the rest of 2023 you can use all of your UK text, minutes and data allowances at no extra cost in 48 countries in Europe and beyond. To save data for your trip, download large files such as boarding passes, music and films before you leave home.



♥ JAMIE OLIVER HAPPY DAYS

June kicks off the summer season, so plenty of opportunities for flavour-packed alfresco feasting – and Jamie's recipes deliver on value and taste



The warmer weather is crying out for some outdoor fun – so I’ve come up with three fuss-free family recipes that will make the most of that summer sunshine, while helping you save money. My Pork & bean koftes are super-easy, so they’re a great option for kids to make ahead of a Father’s Day barbecue. Then my Smoky grilled veg salad is cooked over the coals, taking on bags of flavour. And no picnic is complete without my veggie Squash & harissa rolls.

As Tesco’s good food ambassador, I love to inspire you guys to eat more healthily without compromising on taste or cost. And thanks to Better Baskets, it’s never been easier to do just that: my Squash & harissa rolls recipe on p86 is just over £1 per person, so you can eat well, even when times are tight.

GIVE ME MORE!

Scan this QR code to find lots of Jamie recipes on Tesco Real Food.



‘These meat-reduced koftes are fun to make and great for kids to get involved with – let them shape the patties. Heroing storecupboard staples of tinned beans and dried apricots, dads (and non-dads alike) will love sitting down to these on Father’s Day’

PORK & BEAN KOFTES

WITH MINTY YOGURT

Serves 4 ❄️ freeze koftes only

Takes 35 mins

Cost per serve £1.62

1 small red onion
red wine vinegar
400g tin of white beans, such as cannellini or butter bean
80g dried apricots
500g pack lean pork mince
30g pack fresh mint
200g Greek yogurt
olive oil
4 pitta breads
1 iceberg lettuce

1 Peel and thinly slice the onion, put in a small bowl with 2 tbsp red wine vinegar and a good pinch of sea salt, scrunch up and set aside to lightly pickle.

2 Drain the beans and mash in a large bowl with a fork. Finely chop the dried apricots and add to the bowl. With clean hands, scrunch in the minced pork with a pinch of seasoning, then shape into 12 koftes. Heat a large frying pan over a medium heat (or fire up the barbecue), then fry or barbecue for 10 mins, turning regularly, until cooked through and golden.

3 Meanwhile, pick and finely chop the mint leaves, then mix in a bowl with the yogurt and a drizzle of oil. Season to taste.

4 Warm the pittas on a griddle, then click off the lettuce leaves and finely slice. Take the koftes to the table with the shredded lettuce, pickled onion, minty yogurt and warmed pittas, ready for everyone to dig in. Great served with potato wedges!

JAMIE’S FOOD

WASTE HACKS

Slice any leftover pitta into strips and toss with a little olive oil, then bake until crispy and golden. Toss into salads or scrunch up onto soups.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2048kJ 488kcal	11.7g	5.4g	17.2g	1.4g
24%	17%	27%	19%	23%

of the reference intake. See page 9.
Carbohydrate 54.6g Protein 40.9g Fibre 8.7g
Source of protein, which supports the maintenance of muscle mass





'Get picnic ready with my meat-free sausage rolls that everyone will love. I've cut down on the oven time by softening the squash in the microwave: quicker and more energy-efficient'

SQUASH & HARISSA ROLLS

WITH CHICKPEAS & TANGY FETA

Serves 4

Takes 1 hr plus cooling

Cost per serve £1.38

1 small butternut squash (about 700g)
100g bunch spring onions
400g tin chickpeas
100g feta
1 heaped tbsp harissa paste
flour, for dusting
375g ready-rolled puff pastry
1 egg
1 tbsp mixed seeds

- 1 Preheat the oven to gas 6, 200°C, fan 180°C. Cut slits into the butternut squash, then microwave on high for 15–20 mins until soft. Allow the squash to cool before halving, removing the seeds (see tip on how to use them, below left) and scooping out the flesh into a large bowl.
- 2 Trim and finely slice the spring onions, drain and roughly chop the chickpeas, then add to the squash bowl. Crumble in the feta and add the harissa paste. Give it a good mix with clean hands or a spoon.
- 3 On a floured work surface, unroll the pastry and cut it lengthways into 2 long, even rectangles. Roll the squash mixture into sausage shapes with your hands and lay along the centre of each rectangle.
- 4 Brush the pastry with beaten egg. Fold one side of the pastry over, wrapping the filling inside. Press down with your fingers or the edge of a spoon to seal the joins.
- 5 Cut the long rolls into the sizes you want and space them out on a baking tray. Brush with the rest of the egg wash, scatter over the seeds and bake in the oven for 25 mins or until puffed, golden and cooked through. Will keep for 3 days in the fridge*.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
634kJ 151kcal	8.3g	3.9g	2.8g	0.4g
8%	12%	20%	3%	7%

of the reference intake. See page 9.
Carbohydrate 19.5g Protein 4.8g
Fibre 1.3g. High in vitamin A, which supports the maintenance of normal skin

JAMIE'S FOOD WASTE HACKS

Don't chuck the squash seeds – they're delicious roasted and sprinkled on soups or salads. Rinse the seeds, then scatter on a baking tray with a little olive oil and roast at gas 4, 180°C, fan 160°C for 10 mins or until lightly golden brown.

Better Baskets

'A riot of colour and texture with a sweet, smoky flavour, this vibrant salad is a brilliant side for alfresco eating. Whether cooked on a griddle or BBQ, charring the veg brings bags of flavour'

SMOKY GRILLED VEG SALAD

COURGETTES, FETA, BASIL & PEACHES

Serves 4

Takes 25 mins

Cost per serve £1.40

red wine vinegar
extra-virgin olive oil
2 large courgettes

100g bunch spring onions
2 ripe peaches
50g black olives
30g pack fresh basil
2 Little Gem lettuces
250g cherry tomatoes
100g feta

- 1 Preheat your barbecue to a high heat (or use a griddle pan on a high heat once the veg is prepped and you're ready to use). Make a dressing by whisking 2 tbsp red wine vinegar and 3 tbsp extra-virgin olive oil on a platter or in a large bowl; season to taste.
- 2 Finely slice the courgettes lengthways. In batches, lay them in a single layer onto the hot barbecue, turning until smoky and soft. Remove to the platter with the prepared dressing. Trim the spring onions and place them on the barbecue, turning occasionally until smoky and soft. Remove to a chopping board, then roughly chop and add to the platter.
- 3 Destone and slice the peaches, then place on the barbecue and cook for 2 mins each side before removing to the platter. Tear the olives up into chunks along with most of the basil leaves.
- 4 Roughly chop the lettuce and tomatoes, then add to the platter with the olives and basil. Crumble over the feta, adding a few extra basil leaves on top.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1000kJ 239kcal	18.4g	5.4g	11.1g	1.1g
12%	26%	27%	12%	18%

of the reference intake. See page 9.
Carbohydrate 12.5g Protein 7.9g Fibre 4g
2 of your 5-a-day and a source of protein, which supports the maintenance of normal bones

Fridge-raid favourite



A man (Big Narstie) wearing a pink long-sleeved shirt and a gold chain with a 'SlimFast' pendant. He is holding a red SlimFast bottle in his right hand, pointing it towards the camera. The background is a solid red color.

SlimFast.

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*Opens 23/05/23. Closes 11:59pm 12/07/23. UK 18+ only. 1 winner randomly drawn wins a 45-minute PT session for 2 adults (18+) at a gym in Enfield, London, on 7.10.23 at 1pm, with 1x personal trainer; a meet & greet with Big Narstie after the PT session; £5,000 spending money towards travel/accommodation/gym kit/other expenses (paid via BACS). Meet & greet will last a minimum of 10 minutes, with autographs & a selfie. Big Narstie will be present at the meet & greet only & not at the PT session. 1 entry per person. Standard rate text charges apply. Texts may fall outside any text inclusive packages. Check with your network provider. Full terms and conditions at [HYPERLINK "https://protect-eu.mimecast.com/s/foOzCYMxrs3lJ8ki00p8Z?domain=tesco.com/"](https://protect-eu.mimecast.com/s/foOzCYMxrs3lJ8ki00p8Z?domain=tesco.com/) <https://tesco.com/tesco-competitions/>. Promoter: Tesco Stores Ltd. Supplier: Glanbia Performance Nutrition (UK Sales Division) Limited. Administrator: Prizeology Ltd. Available in the majority of stores

Available at **TESCO**

WORDS GREGOR McMASTER PHOTOGRAPHY HANNAH HUGHES FOOD STYLING LUCY O'REILLY PROP STYLING LUIS PERAL
 *Source: healthline.com **Source: bnf.org.uk ***Source: ncbi.nlm.nih.gov

IF YOU MAKE ONE CHANGE...

...Eat more tomatoes

'Knowledge is knowing that a tomato is a fruit. Wisdom is not putting it in a fruit salad', is how the saying goes. But this fruit is so versatile there's no shortage of ways to enjoy it. Better still, it comes with several health benefits. Read on for all the reasons to tuck into tasty tomatoes.



VITAMINS AND MINERALS

Juicy and sweet, tomatoes contain a range of important nutrients, including fibre. Add a few extra raw tomatoes in your diet and you can boost your intake of vitamin C, an essential nutrient and antioxidant, as well as vitamin K, important for blood clotting and bone health*.

ANTIOXIDANTS

Tomatoes are a great way to add a flash of colour to dishes like salads and pastas. That colour comes from lycopene – a nutrient that is an antioxidant also found in other red fruits and vegetables, such as cranberries and red peppers**. Lycopene is a plant compound linked to heart health and cancer prevention*.

The good news is that the cooking process for tomato products such as sauces, soups, shop-bought juices and even ketchup means the lycopene is easier for your body to use than with fresh tomatoes – so you can still hit your recommended daily intake when fresh tomatoes are not available***.

In the know...

Smarter snacking

More time in the sun means less time in the kitchen. But how can we make sure grab-and-go snacks won't hinder our health?



LOUISE BENNION
(@loutritionist)
is a registered
nutritionist.

We asked registered nutritionist Louise Bennion (@loutritionist) why we get 'snacky'. 'When you feel hungry, the brain triggers the release of a hunger hormone that increases your appetite. This signals the release of stomach acids to digest food. If you don't eat, these acids attack the lining of the stomach, causing hunger pains. Many people get an afternoon slump with a loss of motivation. This is often due to a large gap between lunch and dinner, so a healthy snack is a good idea. With the right ingredients, snacks can be great for boosting mood, energy, cognitive function and focus.'

IS SNACKING BAD?

Snacking gets a bad rap, but is it always unhealthy? 'No!' says Louise. 'Making poor choices or snacking too often can result in you having too many calories during the day. But unless you're eating in excess and not getting enough exercise, snacking is great for meeting your nutritional needs.'

MYTH

'Low calorie' snacks are the healthiest option

FACT

'Being low in calories doesn't mean a product is necessarily healthier than others,' says Louise.

'For example, a cereal bar may contain under 100 calories, but those calories may be mostly derived from sugar, which won't keep you full for long.

Before making on-the-go food choices, try to think about if it will satisfy your hunger. A high-protein item like a natural yogurt or boiled egg will be more likely to leave you satisfied.'



MEAL DEALBREAKERS

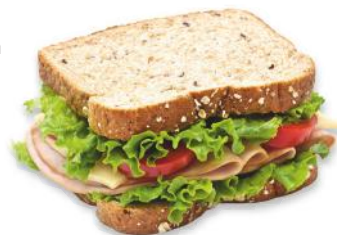
When choosing a meal deal, your healthiest drink option is always water.

Smoothies often contain hidden sugar, so stick to a 150ml serving. Watch out for the sugar content in fizzy drinks too.



Try to limit foods high in saturated fat, salt and sugar with quick-release energy, like chocolate or crisps. Go for protein-rich snacks, such as boiled eggs (which you can buy in store alone or with spinach), or carrot sticks and houmous.

With sandwiches, opt for wholemeal bread 'as this contains slow-release energy to keep you feeling fuller throughout the day,' says Louise. In store there's also the fibre-packed Beautifully Balanced range of sandwiches and salads.



GIVE IT A GO

'It's easy to fall into a habit of emotional snacking or eating out of boredom – this can be considered "mindless eating",' says Louise. 'To alleviate hunger or cravings between meals, try eating smaller but more frequent meals. If you're concerned that you're snacking too much, try to find healthy outlets for your emotions, such as exercise, meditation or meeting a friend for a catch-up.'



Why not try?

Mix up your veg sticks with whatever you've got in the fridge – try sugarsnap peas, cucumber and red pepper.

HARISSA & WHITE BEAN DIP

Serves 4   

Takes 15 mins

Cost per serve 51p

2 tsp 4-seed mix
400g tin cannellini or butter beans, drained and rinsed
1 small garlic clove, crushed
1 tsp harissa paste
1 lemon, juiced (you need 2 tbsp)
2 tbsp extra-virgin olive oil, plus 1 tsp
10g flat-leaf parsley, most finely chopped
320g mixed raw vegetables (we used 1 large carrot, scrubbed and cut into batons; 8 radishes, rinsed and halved; ½ a bunch of celery, rinsed, broken into sticks and trimmed), to serve

1 Heat a dry nonstick frying pan over a low heat. Once hot, add the seeds and toast for 1–2 mins until lightly toasted and beginning to pop. Tip onto a plate and set aside.

2 Put the beans in a food processor with the garlic, ½ tsp harissa paste, the lemon juice and 2 tbsp olive oil. Add ½ tsp salt and plenty of ground black pepper; blitz to a purée. Add 1–2 tbsp cold water if you prefer a less thick dip. You can also blitz with a handheld stick blender or mash everything by hand if you prefer a more rustic dip.

3 Scrape the dip into a bowl and stir through most of the chopped parsley. Mix the remaining ½ tsp harissa with 1 tsp oil and drizzle on top, then scatter over the toasted seeds and remaining parsley. Serve with the crunchy veg to dip.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
697kJ 167kcal	10g	2g	4g	0.9g
37%	14%	8%	4%	14%

of the reference intake. See page 9. Carbohydrate 12g Protein 5g Fibre 3g 1 of your 5-a-day and high in vitamin A, which supports the maintenance of normal vision

What makes this a healthy snack?

Fibre and protein help to slow the rate of digestion.

This means that a snack containing protein and fibre will provide energy more slowly, preventing peaks and troughs in our blood glucose and energy levels.



FIBRE

from white beans and veg



PROTEIN

from white beans



HEALTHY FATS

from olive oil and seeds



FEELING FRUITY?

'Snacking is a great opportunity to add to your 5-a-day,' says Louise. 'You could grab a piece of fruit like a banana or a handful of grapes. If you feel that isn't enough to beat your hunger cravings, you could add some peanut butter to a sliced apple.' The peanut butter is high in protein and healthy fats to fill you up.



SUGAR HIGH

'Reaching for a doughnut might satisfy your hunger for an hour, but consuming high-sugar products can often lead to spikes in your blood sugar level and crashes in mood and energy levels,' says Louise. 'This is because sugar is a quick-release source of energy.'



SNACK FACTS

Better-for-you snacks should be high in fibre, high in protein or contain healthy fats. Here are some you might like to try...

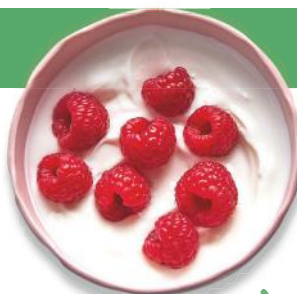


Rice cakes with low-fat cream cheese and cucumber

Toasted malt loaf



Quark topped with raspberries or mandarin segments



Smashed avocado on wholegrain toast



One tablespoon of nut butter spread onto oatcakes



Roasted chickpeas

GIVE ME MORE!

Want more healthy snack ideas? Find 10 pick-me-ups, to suit all snacking occasions, on Tesco Real Food. Scan this QR code to take you there.



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me

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97% LESS
PACKAGING WEIGHT
VS THE JAR

150 g | 83



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100% RESPONSIBLY
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97% LESS
PACKAGING WEIGHT
VS THE JAR

150 g | 83



NESCAFÉ

Available in larger stores

Available at **TESCO**

NATASHA'S LAW

The Free From range is better than ever. Plus you'll be supporting The Natasha Allergy Research Foundation with every mouthful



For people with severe food allergies, it's vital to know that what they're eating is safe for them. The Natasha Allergy Research Foundation was set up by Nadim and Tanya Ednan-Laperouse, parents of Natasha who passed away, aged 15, following an allergic reaction to a baguette she'd bought. She was allergic to sesame seeds, which were not listed on the ingredients. Following her death, her parents

successfully campaigned to change food labelling laws; today 'Natasha's Law' continues to help save lives.

Tesco has always supported The Natasha Allergy Research Foundation in raising awareness of how serious food allergies are. For the fourth consecutive year, Tesco will donate 10p for every Tesco Free From product sold in store and online from 3 to 11 June 2023*, which runs over World Allergy Week (5-11 June).

1 Free From 8 Thick Pork Sausages 454g, £2 (44p/100g); 2 Free From 4 Hot Dog Rolls, £2.25 (56p each); 3 Free From 5 Lemon Slices, £2.50 (50p each); 4 Free From Strawberry & Vanilla Cones 4 x 120ml, £2.70 (56p/100g); 5 Free From Salad Cream 440g, £1.65 (38p/100g); 6 Tesco Finest Free From Tiger Loaf 400g, £3 (75p/100g)

Millions of families live with daily fear over what their loved ones are eating. Tesco has partnered with Natasha's Foundation from the start, helping fund ground-breaking medical research, and we're deeply grateful.

TANYA EDNAN-LAPEROUSE OBE,
Co-founder of The Natasha Allergy Research Foundation

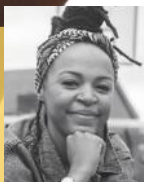
*free*FROM



Spotlight on...

Pride month

In June we celebrate the LGBTQ+ community. But while big changes have been made, there is still a lot to do, as these people reveal



LIZ WARD
Director of programmes at Stonewall, Europe's biggest LGBTQ+ human rights organisation

CREATE A MORE INCLUSIVE WORKPLACE

Research by Stonewall shows that 35 per cent of LGBTQ+ workers have hidden their sexuality for fear of discrimination*. 'Pride is an opportunity for people to come together and celebrate the diversity of our communities,' says Liz. 'It's a chance for organisations to visibly support their LGBTQ+ staff and create environments where they can thrive as their full selves.'

HOW TO MAKE IT WORK

There are lots of changes that can make the workplace more inclusive: adding your pronouns to your email signature, not assuming the gender of a colleague's partner when you ask about their weekend, creating gender-neutral bathrooms, and ensuring HR policies include same-sex families. 'Inclusion initiatives help everyone,' says Liz, 'and often help companies retain and attract the best talent.'

This is something Tesco has been committed to doing for years, as a longstanding headline sponsor of London Pride. 'We're incredibly proud to see Tesco placed 15th in this year's Top 100 inclusive employers list,' Liz tells us. 'We were impressed by their commitment to listening to their LGBTQ+ staff, engaging with network groups and striving to create a retail environment where everyone feels welcome and free to be themselves.'



Tesco supports me to shout loud and proud about who I am. During Tesco Pride events, I have stood with my colleagues celebrating the LGBTQ+ community

Henry Gosling Group diversity, equity & inclusion manager at Tesco



CRAIG POKU
Data scientist
and baker
(@pokubakes)

Pride is not just "Oh look, we've now got a rainbow" – it's about asking what steps are happening to make meaningful change

Craig Poku

EMBRACE THE BIGGER PICTURE

While Pride has helped many communities feel accepted, there is still an issue around 'intersectionality'. This is when one person can experience multiple discriminations based on race, gender, sexuality or disability, for example.



RYAN YEO
Digital graphic
designer

FIGHTING DISCRIMINATION

Craig reflects on how his intersecting identities of race and sexuality affect his experiences of Pride. 'Pride can be white-focused, so you'll find you're still exposed to racism,' he says. 'Sometimes I get even more because people seem to think, "Now I fall into a marginalised group myself, I can say whatever I want to someone else".'

Craig also explains how inequalities extend across social media algorithms. 'I can put out a tart recipe, and a white creator could put out the same piece that's less technical, but my work will get less visibility,' he says.

OPEN TO INCLUSIVITY

Educating ourselves on people's differences and how they impact their everyday lives is a good place to start on a bigger journey of inclusivity. If you're on social media, try following a mix of content creators to diversify your feed and gain new perspectives.

Tesco magazine also has a responsibility to include a diverse range of contributors. Craig says, 'Last year, I received feedback from someone who identifies as Black and doesn't resonate with Tesco magazine,' he explains. 'But when she saw that I was featured, she actually picked up the magazine and made my recipe. It highlights the need for diversity – and I can be the face that is engaging a different community.'

BE A GENUINE ALLY

Performative activism – such as when you post about LGBTQ+ rights on social media but don't actually alter your behaviour to make a practical change – can be frustrating. 'A good ally is someone who doesn't just do it for Pride month, for Instagram, or only in front of their LGBTQ+ friends,' says Ryan. 'It's not about being loud and confrontational, it's about listening and being open to being educated.'

EMBRACE THE CULTURE

If you're unsure how you can be an ally, Ryan says simply opening yourself up to more of the community will naturally make you more inclusive. He suggests, 'Go to a Pride event, watch that new queer Netflix series, or ask your trans colleague that question you've always wanted to.' Just be wary to do it in a way that's respectful and non-invasive. It can feel daunting and you might make mistakes at times, but it's worth it to create a more inclusive culture where everyone feels accepted and understood.

GIVE ME MORE!

For LGBTQ+ help or advice, contact charity Switchboard's helpline on 0800 0119 100 or visit switchboard.lgbt.

JUST THE TEE

Show your support with one of these tees – and Tesco will donate 5% of the sale price** to Switchboard LGBT+



Men's white
T-shirt, £12.50



Men's black
T-shirt, £12.50



Children's white T-shirt,
sizes 4/5 to 12/14, from £6

Five-ingredient rosé!

87p
per serve

Treat of the week

Combine two summertime favourites to make the coolest cool-down cocktail – you'll be making this all summer

STRAWBERRY ROSÉ SLUSHIES

Makes 4   

Takes 5 mins

Cost per serve 87p

CLEVER SWAP Instead of frozen strawberries, wash and hull fresh ones, then freeze for at least 2 hrs. For a stronger drink, add 4 shots of vodka to the blender along with the other ingredients.

Add 150g frozen strawberries, 200g ice cubes, the juice of 1 lemon, 3 tbsp elderflower cordial and 350ml rosé wine to a blender. Blitz until smooth and a bright pink slushie consistency. Divide between 4 glasses and garnish with fresh strawberries or mint leaves, if you like.

Each slushie contains

Energy	Fat	Saturates	Sugars	Salt
505kJ 121kcal	0g	0g	14g	0g
6%	0%	0%	15%	0%

of the reference intake. See page 9.
Carbohydrate 14g Protein 0g Fibre 2g



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